

# Exposure Control Measures

For the COVID-19 outbreak

**It's important to understand the practice of good personal hygiene both in the cab of your truck, truck stops facilities, restaurants and dock situations.**

The AMTA would like to thank the British Columbia Trucking Association (BCTA) for their quick action compiling the following exposure limiting measures.

In response to COVID-19, motor carriers should take the following measures:



- Implement a company-wide, self-distancing policy for all employees requiring a minimum physical distance of 1-2 meters between individuals. This includes avoiding standard greetings that require physical contact such as shaking hands.
- Increase regularly scheduled cleaning with a disinfecting agent such as antimicrobial disposable wipes or a bleach solution, particularly inside each power unit and shared spaces.
- Request that all drivers, as part of their post-trip inspection, wipe down all shared spaces with a disinfecting agent. This includes the steering wheel, dashboard, radio/telematics devices, door handles, gear shift, etc.
- Where feasible, provide drivers with a suitable power unit and sufficient supplies (e.g., food, water, disinfectant wipes, hand sanitizer, etc.) to enable self-isolation during a trip. Require drivers to thoroughly wash their hands or use an alcohol-based hand sanitizer immediately after fueling or visiting a public establishment.
- Request that all drivers avoid any unnecessary public establishments or mass gatherings, unless approved by dispatch.
- Request that all drivers, after returning to their home terminal from outside the province self-isolate on their days off.
- Require drivers to self-declare to dispatch and to 811 or their health care practitioner, if they have come in contact with anyone who has COVID-19 and self-isolate if instructed by a health practitioner.
- Require drivers, if they exhibit symptoms of COVID-19 (e.g., fever, dry cough, etc.) to call 811 or their health practitioner, and self-isolate for up to 14 days pending test results and unless instructed otherwise by a health practitioner.