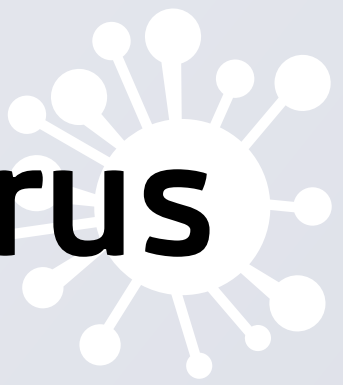


Driving safe & combatting Coronavirus

A guide for essential drivers to help reduce the spread of Covid-19



SAFE DISTANCE

When having to make face to face contact with people, try to keep at least 2 metres away from them. Avoid any unnecessary contact to reduce spreading the virus.



CAB HYGIENE

Keep your driving environment clean with antibacterial spray or wipes. Clean all areas and devices that you touch at the start and end of every shift and between drop-offs.



STOP SPREAD

When you sneeze or cough either catch it in a tissue or at least use your sleeve. Double bag used tissues and wipes and dispose of them sensibly. Clean your hands after disposal of tissues.



CLEAN HANDS

Use soap and water to clean hands regularly when possible or use a hand sanitiser - especially after making deliveries. Consider using gloves when at the fuel pump and when paying for it - or at least clean your hands afterwards. Always wash your hands when you get into work and when you get home.



BE SENSIBLE

If you do develop any of the symptoms of Coronavirus such as a new persistent cough and/or high temperature, stay at home and inform your employer. Follow government advice regarding self isolation. You can find more information on the NHS website www.nhs.uk/coronavirus.



SAFE DELIVERY

Your company may put some extra measures in place at this time - such as all customers choosing a safe place to leave parcels, or leaving items on the doorstep and phoning the customer to let them know their delivery has arrived. Find out what your company is doing to make deliveries safer for you and your customers.