

COVID-19 Best Practices for Motor Carriers

March 19, 2020

The BC Trucking Association (BCTA) supports actions by the Province of British Columbia and the Government of Canada to mitigate the spread of COVID-19.

As the sector that distributes essential goods to British Columbians and Canadians, including sanitation and medical supplies being used by health practitioners in the fight against COVID-19, it's critical that trucking continues to operate with a commitment to following heightened procedures to help mitigate the spread of the coronavirus. The Province recognizes this service our sector provides and has confirmed, with an abundance of caution, that commercial truck travel is an "essential" service supporting the necessary transportation of goods during the pandemic.

To help ensure the continued and safe movement of goods while mitigating the spread of COVID-19, and with support and review from the Province's Ministry of Health, BCTA has developed these best practices guidelines for industry to follow.

EXPOSURE CONTROL MEASURES FOR DRIVERS

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 metres between individuals. This includes avoiding standard greetings that require physical contact such as shaking hands.
- Increase regularly scheduled cleaning of operations 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 BC (e.g., the United States or elsewhere in Canada), to self-isolate on their days off.

- Require drivers to self-declare to dispatch and to 8-1-1 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 use the BC COVID-19 Symptom Self-Assessment Tool (<https://covid19.thrive.health/>), and act on the directions of that tool, including the requirement to self isolate for up to 14 days pending test results and unless instructed otherwise by a health practitioner.

If a driver is unable to use the assessment tool, for whatever reason, and is exhibiting symptoms of COVID-19, the carrier shall require the driver to immediately call 8-1-1 or their health practitioner and self isolate for up to 14 days pending test results, unless instructed otherwise by a health practitioner.

EXPOSURE CONTROL MEASURES FOR THE WORKPLACE

Primary prevention is key so that essential service workers, including drivers and others assisting with company terminal operations, can continue to work and supply British Columbians with critical goods such as food and medicines.

The Province of BC and the Provincial Health Officer have been clear that all essential services must establish a protocol to prevent risk of transmission. In addition to the measures for drivers listed above, carriers should review the following provincial government resources:

- COVID-19 and Determination of Return to Work of Essential Service Workers Who Have Traveled Out of Canada, found here: <http://www.bccdc.ca/Health-Professionals-Site/Documents/COVID-19-Essential-service-workers-travel-determination.pdf>
- Provincial directives for Essential Businesses, as follows (please note that these are general directives, including recommendations for public gatherings):

Prevent infection and transmission

These common sense practices help prevent infection and transmission:

- Hand washing
- Sneeze or cough into your sleeve
- Avoid touching your face
- Practice social distancing

Measures organizations can take

- **Cleaning:** Consider increasing routine cleaning practices – if you are cleaning and disinfecting frequently touched surfaces once a day, move to twice a day using the products you already use.
- **Space:** If applicable, consider the density of your business and provide additional space for customers and employees to interact, ensuring that people are able to put some distance – 1 to 2 metres – between one another.

- **Hand hygiene:** Ensure your washrooms remain stocked with soap and consider offering hand sanitizer at entrances.
- **Communication:** Show your customers, clients, and employees what you are doing to support the efforts to slow transmission of this virus by communicating online and at your place of business.
- **Employees who feel unwell:** Support your employees to stay home if they are sick.

Public gatherings

- All public gatherings larger than 50 people – indoors or outdoors – are ordered to be cancelled for now.
- This does not apply to buildings (including airports and schools) or transportation (including ferries and airplanes).
- This does not apply to grocery stores or shopping malls.
- This does not apply to museums, ski hills or other places where the environment allows for distance between people.
- You are encouraged to operate your business as usual with increased attention to common sense practices and measures to support social distancing (1-2 metres).

For employees – including truck drivers - who are travelling

Generally, it's recommended to avoid all non-essential travel outside of Canada, and that as of noon on March 13, 2020, those who do travel outside of Canada self-isolate at home for 14 days upon their return. **However:**

- 14-day self-isolation **does NOT apply** to service workers for whom travel outside the country is **essential** (e.g., **cross-border trucking**, airline crew, Clipper or Coho staff, film industry staff, or other people who work in BC and travel to the United States for work)
- All workers who travel outside of the country for essential services noted above **ARE required to self monitor daily**.
- If a worker who has travelled out of country develops symptoms, they should self isolate and either contact 8-1-1 or use the BC COVID-19 Symptom Self-Assessment Tool - <https://covid19.thrive.health/>. If a worker develops symptoms while providing services they should immediately put on a mask and finish any essential services they are providing, then self isolate and call 8-1-1 or use the BC COVID-19 Symptom Self-Assessment Tool - <https://covid19.thrive.health/>.

See the BC Centre for Disease Control Employers and Businesses information, found here: <http://www.bccdc.ca/health-info/diseases-conditions/covid-19/employers-businesses>