

Recommendations for freight drivers during COVID-19



1 Clean regularly all frequently touched surfaces inside and outside your cabin

(steering wheel, radio, levers, door handles, etc.) using disinfectant. Clean all tools and equipment (portable scanners, etc.) you use, especially those shared with other users.

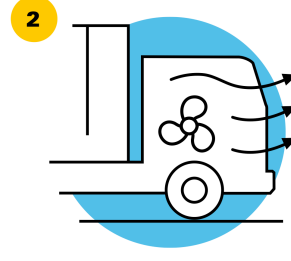
کابین کے اندر اور باہر سب صاف رکھیں



3 Disinfect hands

with hand sanitiser or wash them with liquid soap and water for at least 30 seconds every time you enter or return to your vehicle.

ہاتھ باقاعدگی سے دھویں اور سنٹائزر پاس رکھیں



2 Ventilate the driver's cabin regularly at stopping points.

کابین کی ہوا باہر نکالیں جب بھی رکیں



4 Wear gloves

when at loading and unloading docks, gas stations, customers' sites and terminals.

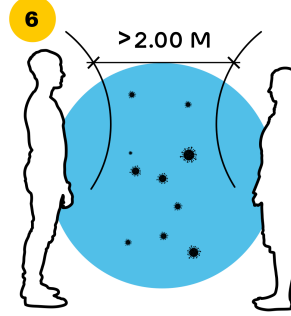
دستانے پہنیں جب بھی باہر نکلیں



5 Stay in the driver's cabin

whenever possible while at customer sites, unless otherwise required.

کابین کے اندر ہی رہیں جب تک ممکن ہو



6 Maintain a distance of 2 metres from others in case of leaving your cabin, and avoid entering closed rooms

where other people are present. Takeout meals are recommended rather than eating at rest stops.

۲ میٹر فاصلہ برقرار رکھیں جہاں بھی ہوں



7 Sign transport documents with your own pen

and do not share it with anybody else. Disinfect or wash hands and pen once done.

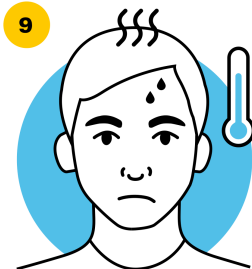
اپنا خود کا قلم استعمال کریں



8 Avoid shaking hands.

The virus spreads through coughing and sneezing (via airborne droplets), as well as through direct contact.

ہاتھ نہ ملائیں، نہ گلے ملیں



9 If you or your family members show potential symptoms

of COVID-19 such as a dry cough or fever, immediately inform your manager.

کھانسی یا بخار، فوری طور پر اپنے مینیجر کو آگاہ کریں



10 Follow any specific guidelines

given by your company and general recommendations/instructions issued by health authorities.

Be responsible

and use your common sense.

کسی بھی مخصوص ہدایات کی پیروی کریں

