



“The Future Belongs To Those Who Deliver!”

Load One COVID-19 Training & Protocol

In an attempt to stop the spread of COVID-19, the following information has been put together by Management at Load One.

Transportation Management:

- Create at least 6 feet between workers by staging/staggering crews to prevent droplet spread.
- Plan for office staff to have the ability to work from home if necessary.
- Daily Temperature checks with contactless thermometer.
- Avoid face to face meetings if possible.
- Provide soap and running water in all building for frequent handwashing. If that is impossible, provide hand sanitizer.
- Clean and disinfect high-touch surfaces in offices frequently (for example: hand rails, door knobs, toilets) per Centers for Disease Control and Prevention (CDC)

Transportation / Driver & Office Staff Personnel: (Recommendations)

- Do not go to work if you are feeling sick.
- Do not shake hands when greeting others.
- Daily Temperature checks with contactless thermometer.
- Stay 6 feet away from others, including loading /unloading points, Truck Stops, or training sessions.
- Avoid Contact with sick people
- Do not share phones, pens, pencils, tablets and hand tools you normally would with other drivers/staff.
- Avoid touching your eyes, nose or mouth with unwashed hands.
- Wear gloves throughout the day that may be changed frequently and washed after use.
- Change clothing as needed, remove gloves & other PPE prior to entering your truck. Shower daily.
- Cover your mouth and nose with tissues if you cough or sneeze or do so into your elbow.
- Clean your hands often by washing them with soap and water for at least 20 seconds or using an alcohol-based hand sanitizer that contains 60%-95% alcohol. Soap and water should be used if hands are visibly dirty.
- The inside of your truck should be cleaned frequently if you or someone else shows symptoms of the illness. Including frequently touched surfaces, including the steering wheel, door handles, shift levers, any buttons or touch screens, wiper and turn signal stalks, passenger and driver door armrests, grab handles, and seat adjusters. (Alcohol solutions that contain at least 70% alcohol are effective against Coronavirus, according to the CDC) Do not use bleach or hydrogen peroxide on the inside of your vehicle. They will likely damage your upholstery.
- Remember Social Distancing / Limit person to person visits to 5 minutes when possible.