

Infrastructure Health and Safety Association

Guidance on rest stop hygiene during COVID-19

Overview

During the COVID-19 (coronavirus) outbreak, we all need to do our part to keep workers, customers and the public safe and healthy so we can stop the spread and prepare to reopen the province, when we are ready.

Below is a set of resources, tips and best practices to help employers and employees prevent the spread of COVID-19 and work together to reopen the province.

Employers and workers in Ontario have certain duties and rights under *the Occupational Health and Safety Act* (OHSA) and its regulations. Employers should also review and follow any applicable directives and guidance coming from the Chief Medical Officer of Health and Ministry of Health.

Learn more about:

- [workers' rights](#)
- [employers' responsibilities](#)

You should also regularly check for requirements applicable to your region, such as:

- the provincial COVID-19 Response Framework
- municipal bylaws
- orders from your local public health unit

To help prevent outbreaks, you are encouraged to develop a COVID-19 [workplace safety plan](#). All businesses operating in a region in lockdown are required to have one under provincial regulation.

[Report](#) COVID-19 case(s) in the workplace to the Ministry of Labour, Training and Skills Development.

Best practices

Recognize hazards and assess risks: The first step to controlling risks in a workplace is to identify the risks. This applies to all workplace hazards, not just COVID-19. Identifying and controlling workplace hazards is required of all employers in Ontario under the [Occupational Health and Safety Act](#) and its regulations. The key risk factors for COVID-19 transmission include:

- prolonged exposure – spending more time with potentially infected people
- close proximity – working close to others
- crowded places – having more people in a space
- closed spaces – indoor spaces with less fresh air exchange (working indoors is riskier than working outdoors)
- forceful exhalation – activities that cause people to breathe more deeply, such as exercise, speaking loudly and singing

It is possible for COVID-19 to be spread by people who do not have any symptoms. This makes effective control measures very important. We must act as if everyone is infected when setting up controls.

The risk of severe health outcomes is not the same for all workers. The risk increases with age and is higher for people with [certain medical conditions](#).

Potential exposure at a trucking rest stop:

- Washrooms pose the greatest risk of exposure in a rest stop. Areas of concern include toilet stall doors, toilets, sink areas, shower stalls, and change areas.
- High-touch areas like door handles and the keypad and pump handle at the gas pump may also be contaminated.
- Countertops and garbage container lids could be a potential source of exposure.
- Paying at the cashier poses exposure to the countertop and payment terminal keypad, as well as potential close contact with staff. Avoid the use of cash whenever possible.
- The exchange of ordered food products (e.g., wrappers, packaging, etc.) and reusable mugs between restaurant staff and drivers is a potential opportunity for the virus to spread.

Controls:

Infection prevention and control measures prevent the spread of the virus by breaking the chain of transmission. For example, [public health guidance](#) includes staying at least 2 metres away from others which avoids close contact; washing hands removes the virus and prevents people from touching their faces with contaminated hands.

For COVID-19 in the workplace, it is recommended that employers and business owners conduct a risk assessment to determine the most appropriate controls and actions for a particular workplace/situation. Reference the [IHSA's guide](#) on the risk assessment process to help facilitate

For more information, visit: ihsa.ca/COVID-19

this and review [Sample 1](#) and [Sample 2](#) for examples.

Always start by considering the most effective controls first. It is best to begin by trying to eliminate the hazard – to remove it from the workplace altogether. Where that is not possible, use multiple engineering and administrative controls first to prevent the spread. Protective equipment (including personal protective equipment (PPE) and community protective equipment) should be relied on only where engineering and administrative controls do not sufficiently reduce the risk to workers.

In addition to the above recommendations, employers should determine whether PPE* needs to be part of their hazard control plan. The need for PPE should be based on a risk assessment taking into account environmental conditions and also take into consideration input from the local public health unit. Although proper use of PPE can help prevent some exposures, it should not take the place of other control measures. Note: If physical distance and separation cannot be maintained, workers should have PPE consisting of surgical/procedure mask and eye protection (goggles or face shield).

- Workers must use PPE as required by their employer.
- Workers should be trained on the proper use, care and limitations of any required PPE.

*NOTE: Please be reminded that most face coverings (non-medical masks) have not been tested to a known standard and do not constitute PPE. In some circumstances, face coverings may be used as an effective means of source control, but should not be viewed as an appropriate substitute for physical distancing in the workplace.

- 1. Maintain physical distancing.** Physical distancing means maintaining a distance of at least two metres (six feet) between persons. By maintaining physical distancing, you are less likely to be exposed to a respiratory virus.
 - 2. Check with dispatch.** While most rest stops are remaining open during the pandemic, they may only have limited services available. Sit-down service may be closed, but drive-thru service is available at most, and many have made accommodations for truck drivers. Before stopping for an extended period of time, check with dispatch to see if they can confirm what is available at upcoming rest stops.
 - 3. Pack some snacks.** With the rules changing rapidly, you may encounter some rest stops that have closed. Pack some healthy snacks just in case you need to travel farther to find a place to eat.
 - 4. Avoid refillable mugs.** Most rest stops (and coffee shops) are no longer allowing reusable mugs to be used. Leave the mug in the cab and purchase your beverage in an over-the-counter cup.
 - 5. Bring a hygiene bag with you.** Always have a hygiene bag on hand so that you are using your own products at rest stops. Bags can include soap, shampoo, electric razor, toothbrush,
- For more information, visit: ihsa.ca/COVID-19

toothpaste, small hand towels, deodorant, moisturizer, and any other hygiene or grooming products you may require.

- 6. Carry hand sanitizer and disinfectant wipes with you.** When entering a rest stop, ensure that you have disinfectant wipes to use on door handles, faucets, or stalls. Rest stops with showers have longer than normal wait times due to increased cleaning and sanitation of the facilities. However, you should still practice safe measures and wipe down any door handles or faucets with disinfectant wipes prior to using. Alcohol-based hand sanitizer must contain between 60-90% alcohol, and be approved by Public Health Ontario and Ministry of Health.
- 7. Wipe down fuel pump area before using.** Use disinfectant wipes to clean the fuel pump handles, payment keypad, or any other areas you may come into contact with prior to using.
- 8. Inspect the cab when leaving the rest stop.** Visually scan your vehicle every time you leave a rest stop to determine if any cleaning is required. Wipe down any areas of concern with disinfectant wipes.
- 9. Practice good hygiene.** Health Canada recommends following these basic hygiene practices:
 - Wash your hands frequently with soap and water for at least 20 seconds. See the [Hand Washing](#) - best practice resource.
 - If using hand sanitizers, they must be alcohol-based (with 60-90% alcohol) to be effective.
 - Sneeze or cough into your sleeve – you should keep your source control face covering on while you sneeze or cough.
 - If you use a tissue, discard it immediately and wash your hands afterward.

Screen for COVID-19:

[Screening for COVID-19: guidance for employers | Ontario.ca](#)

This document provides employers with an overview of workplace screening for COVID-19 and information to help them make decisions about the use of rapid antigen screening.

Screening helps keep infected workers and others from entering the workplace thereby reducing possible workplace transmission.

- Question-based screening uses information about symptoms and exposures to identify people who may be infectious.
- Rapid antigen screening is used to help identify people who are infectious before they develop symptoms.

To further protect workers and help reduce transmission, workers who have passed screening must continue to follow all public health and workplace control measures including masking and maintaining physical distance.

Masks:

Learn more about [using masks in the workplace](#) including how to select, care for and use them to protect workers from COVID-19.

Vaccines:

[COVID-19 vaccines and workplace health and safety | Ontario.ca](#)

This guidance document explains how vaccines work to protect you when you are vaccinated, why COVID-19 workplace control measures need to be maintained even after workers are vaccinated, and some considerations for employers about workplace policies and supporting their workers to get vaccinated.

Workplace controls are measures that employers use to help prevent workers from being exposed to hazards like those posed by COVID-19. Vaccines are a good complement to workplace controls, but cannot replace them. They have different purposes:

- Workplace controls help prevent workers from being exposed to COVID-19.
- Vaccines help protect workers from getting sick if they are exposed.

To protect workers and help reduce the chance of COVID-19 transmission at the workplace, it is important to maintain workplace control measures even after vaccination.

Evaluate:

Changes to work procedures or practices related to COVID-19 may affect the way you have routinely managed other risks in the workplace. Thus, it is recommended that you consider the various preventative measures on an ongoing basis, and review and adjust accordingly if they are not working as intended or have created new risks or challenges.

Monitor:

- Before leaving the rest stop always, check your hygiene bag to ensure you are sufficiently stocked. Pack extra in the event that your travel is extended.
- As you increase cleaning and disinfecting in both your vehicle and in rest stops, monitor your supply of disinfectant wipes, cleaning products, cleaning gloves etc., to ensure you have sufficient supplies.
- Clean the interior of your vehicle at least daily to ensure that all areas are frequently sanitized.
- Do not enter a rest stop if you are feeling ill. If you think you have [COVID-19 symptoms](#) while driving, you should pull over and immediately contact dispatch. Do not enter a rest stop and potentially expose others.

[Self-monitor](#) for symptoms for 10 days after exposure.

Resources

Stay updated with daily government updates:

- [Government of Ontario](#)
- [Government of Canada](#)
- [Public Health Ontario](#)

Ontario government and agency-issued resources about COVID-19

Develop your COVID-19 workplace safety plan: Learn how you can create a plan to help protect your workers and others from novel coronavirus 2019 (COVID-19).

[Workplace Safety Plan](#)

The [Ontario Ministry of Health](#) is providing consistent updates on the provincial government's response to the outbreak, including:

- status of cases in Ontario
- current affected areas
- symptoms and treatments
- how to protect yourself and self-isolate
- updated Ontario news on the virus

[Public Health Ontario](#) is providing up-to-date resources on COVID-19, including:

- links to evolving public health guidelines, position statements and situational updates
- synopsis of key articles updating on the latest findings related to the virus
- recommendations for use of personal protective equipment
- information on infection prevention and control
- testing information
- other public resources

Other COVID-19 resources

[Health Canada](#) outlines the actions being taken by the Government of Canada to limit spread of the virus, as well as what is happening in provinces and communities across the country. It also maintains a live update of the number of cases by province.

The [World Health Organization](#) is updating the latest guidance and information related to the global outbreak and spread beyond Canadian borders.

It also provides the most up-to-date information on:

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- current research and development around the virus
- a COVID-19 situation “dashboard”
- emergency preparedness measures
- live media updates on the spread of the virus

This resource does not replace the *Occupational Health and Safety Act* (OHSA) and its regulations, and should not be used as or considered legal advice. Health and safety inspectors apply the law based on the facts in the workplace.