Guidance on rest stop hygiene during COVID-19

Overview
This is not a legal document and employers are advised to seek legal advice.

Employers and constructors have obligations to protect workers from hazards in the workplace as set out in the Occupational Health and Safety Act (OHSA) and its regulations and the directives coming from the Chief Medical Officer of Health.

Workers should raise any concerns to their:
• Supervisor
• Joint health and safety committee
• Health and safety representative

This will help ensure the employer has taken all reasonable precautions.

Ontario is currently in the midst of a global pandemic. While the COVID-19 situation is changing rapidly, the legislation and regulations used to govern Ontario’s workplaces are not.

Under Ontario law, employers have the duty to keep workers and work sites safe and free of hazards. Workers have the right to refuse unsafe work. If health and safety concerns are not resolved internally, a worker can seek enforcement by filing a complaint with the ministry’s Health and Safety Contact Centre at 1-877-202-0008. Failure of the employer or constructor to comply with the OHSA and its regulations could result in a stop-work order upon inspection by the Ministry of Labour, Training and Skills Development.

Recognize hazards and assess risks
How does the coronavirus spread? The virus typically spreads through coughing and sneezing, personal contact with an infected person, or touching an infected surface and then your mouth, nose, or eyes.

Potential exposures 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.

For more information visit ihsa.ca/COVID-19
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Controls
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 is currently 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, 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.

7. **Use personal protective equipment (PPE).** Wear proper PPE (e.g. gloves) at all times when using the fuel pump and do not touch your face with gloved hands. Prior to use, wipe down the fuel pump handle, payment keypad, or anything else you with which may come into contact using disinfectant wipes.

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 greater than 60% alcohol) to be effective.
   - Sneeze or cough into your sleeve.
   - If you use a tissue, discard it immediately and wash your hands afterward.

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Evaluate
1. 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, PPE (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 symptoms while driving, you should pull over and immediately contact dispatch. Do not enter a rest stop and potentially expose others.

2. **Stay home if you are feeling ill.** If you think you have symptoms, immediately distance yourself from others and go directly home. If possible, avoid using public transit. Notify your supervisor immediately so they are aware of the situation and can also notify others who may have been exposed.

Anyone who is concerned they may have been exposed to, or is experiencing symptoms of COVID-19, should start by visiting the Ministry of Health website and take their self-assessment. You should contact your primary care provider or Telehealth Ontario at 1-866-797-0000. Do not call 911 unless it is an emergency.

Resources
Stay updated with daily government updates on COVID-19:
Government of Ontario
Government of Canada
Public Health Ontario

For more information visit ihsa.ca/COVID-19