**Recommendations for drivers and relevant transport related undertakings and competent public authorities involved in freight transport following the COVID-19 outbreak.**

These recommendations are without prejudice to the need to respect specific hygiene, social distancing or other rules imposed by national authorities in their respective territories.

- Social distancing should be the rule and drivers should avoid leaving the cabin of the truck for social interactions, as far as possible.

- Employers should provide drivers with sanitizing/disinfecting gel and soap.

- Employers should inform drivers of the recommendations.

- The use of digital documents should be encouraged and employers should do the outmost to send documents in advance to companies when they know these documents may be required at loading/unloading points.

- When social interactions cannot be avoided, drivers should wear adequate relevant protective gear such as gloves.

- The cabin of truck should be disinfected between each new use (e.g. when another driver or hub staff drive the vehicle).

**At loading and unloading locations:**

- Drivers should remain, as far as possible, in the cabin on the truck at loading and unloading points.

- The activities of loading and unloading should be performed, as much as possible, by the local staff of the company receiving/sending the goods. When drivers are required to supervise these activities, they should stay at a minimum safe distance from other staff and wear available protective material such as gloves.

- All documents related to the transport operation should be sent electronically by the company beforehand when possible. If physical documents are exchanged at un/loading points, it is recommended that the drivers/staff use gloves, anti-bacteria hand gel or wash hands with soap and water immediately after.

**Breaks and rest times:**

- Drivers should practice social distancing during breaks and rest periods on the road. During those, it is recommended to avoid close contacts with other people (drivers, parkings staff etc).

- Meals should be taken, as much as possible, in open air away from other people or in the cabin of the truck. When catering is available at their stopping places, it is advised not to eat at the restaurant/cafeteria but to rather order take-away food in order to eat away from other people.

**During controls and waiting lines at borders:**

- As a general rule drivers should not be required to leave the cabin of their truck for checks.

- During checks of documents, paper documents should be exchanged respecting a minimum safe distance.

- When drivers are required to fill-in documents, national control officers should let drivers fill them in the cabin of the truck.

- If physical documents are exchanged, or controlled, it is recommended to use an antibacterial hand gel or wash hands with water and soap when possible. It is recommended that the drivers/staff use gloves, anti-bacteria hand gel or wash hands with soap and water immediately after.