

Coronavirus Overview

Introduction

Workplace and community transmission can be a source of spreading the coronavirus in Australia.

We all have a role to play in slowing or stopping the spread, to protect ourselves, our families, fellow workers and our customers. We also have to share responsibility for keeping ourselves and others safe when using shared facilities such as at rest areas, when refuelling and when handling freight.

Coronavirus is highly contagious and is mainly spread through respiratory droplets produced when an infected person coughs or sneezes.

A person can acquire coronavirus by touching a surface or object that has the virus on it and then touching their face. This is particularly true of hard surfaces such as metal. For example, truck or depot door handles, bowser pump handles and transported freight.

How to protect yourself and others

The NHVR and State and Federal Government chief medical officers believe **hand hygiene** help protect you from transmissions of viruses, including Coronavirus.

- Thoroughly washing of hands with soap and water for 20 seconds is one of the best barriers to protect yourself and others, and the next best is hand sanitiser.
- Wearing single-use disposable gloves is an effective measure to reduce exposure to coronavirus. For example, using disposable gloves before touching the bowser or any other hard surface will reduce your risk of contamination.

Apart from hand hygiene and use of disposable gloves, maintaining 1.5m physical distancing from others where possible is vital for reducing workplace and community transmission.

Note: Regular cleaning is key to minimising the spread of coronavirus. If a vehicle is part of your workspace, follow the Vehicle Hygiene Checklist as a guide.

Official health advice on when and where to use **face masks** is updated as situations change however, using a face mask is recommended where physical distancing is not possible. For example, when assisting others to load or unload. Your employer may also direct you to wear a face mask in the workplace for specific tasks.

The following image is a stark reminder of the importance of wearing a mask to protect yourself and others.



Things to avoid

You should avoid, if possible any cleaning methods that may disperse the virus or create droplets, such as using pressurised water, pressurised air (including canned air cleaners), dry cloth and dusters.

If cleaning using pressurised water is an essential part of your transport task or business activity, take precautions as directed by your employer.

Further information

More information on cleaning and disinfecting your workspace can be found at:

www.australia.gov.au/health-advice

www.safeworkaustralia.gov.au

