

FOR MEMBERS OF THE ASSOCIATION OF U.S. PROFESSIONAL DRIVERS

Newsletter

Winter 2022



ASSOCIATION OF
U.S. PROFESSIONAL
DRIVERS



Covid Safety Update

Couriers and Delivery Personnel

The pandemic continues to impact the way we live and work. Now eighteen months into a life-changing era of masks, social distancing and polarizing debates on vaccines, school and well, just about everything, we are still adjusting to the “new normal.”

One of the biggest changes to the way we live is staying home and relying on deliveries to meet our basic needs. Now we see everyone from school kids to grandparents turning to Amazon, UberEats and Instacart, just to name a few, to get their daily needs dropped at their doorstep. For delivery drivers, the growing demand for your services provides opportunity for growth, extra hours and higher pay. But at the same time, the increased dependence on the courier industry is challenging for many drivers.

According to a recent report from the World Economic Forum, the pandemic led to a 25% rise in consumer e-commerce deliveries in 2020 and that pace continues throughout 2021. And the report predicts the trend to remain post-pandemic, suggesting 20% of the increases will

continue once Covid shows up in the rear-view mirror.

Some cities like San Francisco, Seattle, Boston and others have started to designate more curb space specifically for courier delivery and pickup use.

In addition to increased demand, the past year has also seen a large shift to greener delivery options, with wider spread EV requirements and more stringent carbon emission rules. Many of you have struggled to adjust to the growing demand for green delivery vehicles.

Staying Safe

You've heard it all before. Wear a mask, wash your hands for at least 20 seconds frequently, use hand sanitizer after every package you touch, stay distant... and so on. But most health experts agree that the best way for drivers to protect yourselves is by staying on top of your health with consistent **rest, hydration and balanced nutrition**. An overall healthy approach minimizes the risk of showing symptoms that could be mistaken for COVID, which require you to self-isolate instead of delivering packages.

Health officials continue to warn us that we can be asymptomatic carriers of the disease, which means some drivers might be infectious without feeling any symptoms whatsoever. The best practice is to monitor your contact with surfaces and other people just in case you are carrying the virus.

In addition to masks, vaccines and social distancing, here are other tips to keep you safe:

Sanitize after Everything – Most of you know to sanitize after touching packages. But don't forget about door knobs, car doors, doorbells and mailboxes. Another best practice is for drivers to clean their hands before and after touching their masks, especially when removing it to eat food, drink water or smoke.

Consider Gloves - Latex gloves are inexpensive and can prevent direct contact with high-touch surfaces. If you use latex gloves, make sure to keep multiple pairs in your delivery vehicle, and change them frequently. Be sure to wash or sanitize your hands when you change gloves as well.

Clean the Vehicle – Although this is not specific to Covid, it's especially important during a pandemic. Stock your car with sanitizing wipes and hand sanitizer to keep the vehicle clean and safe throughout the day. Don't forget your seatbelts, dash, mirrors and glove compartments.

Spend Less Time in Busy Areas - Smart navigation is incredibly powerful. One of the best apps out there, Straightaway, can dramatically change delivery routes and lives. Straightaway and other apps can save you an hour of time on the job per day.

Avoid Sharing – Avoid sharing scanners, pens or other tools with customers. You might carry a package of pens and ask the customer to remove the pen from the pack if they don't have their own writing utensil for required signatures.

Put your Body Into It – It's natural to use your hands when entering or leaving doorways, but when you can use a foot, shoulder, elbow or forearm when delivering or picking up.

So far the Fall of 2021 is showing some positive signs where Covid and recent variations are declining, which gives us hope. Whether or not the number of Covid cases continues to decline is unclear at the moment, but the impact of Covid is far from over. To stay current, check out these resources:

- NIOSH Workplace Safety and Health Topic website
- CDC COVID-19 website
- OSHA COVID-19 website [external icon](#)
- FDA Best Practices for Retail Food Stores, Restaurants, and Food Pick-Up/Delivery Services During the COVID-19 Pandemic [websiteexternal icon](#)
- CDCINFO: 1-800-CDC-INFO (1-800-232-4636)

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