

# HEALTH ALERT



23 DECEMBER 2020

The **World Health Organisation (WHO)** recently declared the **Coronavirus COVID-19** outbreak a public health emergency of international concern.

In an effort to minimise risk to our employees, sub-contractors and customers, The Land Transport group has implemented the below in conjunction with advice from WHO & Department of Health (DoH) to combat the risk of Coronavirus:

- **Wash hands frequently** with soap & water for a **minimum of 20 seconds** or use an alcohol-based hand rub.
- **Practice respiratory hygiene** when coughing and sneezing, cover mouth and nose with flexed elbow or tissue – discard tissue immediately into a closed bin and clean your hands as per above.
- Where possible **maintain a social distance** by upholding at least **4m<sup>2</sup> distance** between yourself and other employees.
- **Avoid touching eyes, nose and mouth** with your hands as you can transfer the virus from surfaces to yourself.
- **Avoid shaking hands** or touching another person/s.
- We **recommend** you minimise any non-essential domestic or international travel.
- Where possible reduce **face to face meetings** to phone hook ups, if meetings are required, only have the essential person/s in attendance.
- Avoid **large gatherings**, particularly indoors.
- **Brief toolbox talks** are to be held **outside daily**, maintaining the **4m<sup>2</sup> distance** for each employee or **one on one**.
- When conditions permit, **open doors and windows** to let fresh air in.
- Ensure all **air conditioning** units remain up to date with their **quarterly servicing** (Please check with Eileen in Head Office if you are unsure).
- No **non-essential visitor/s** to site.
- Ensure **EFTPOS machine** is wiped down after each use.
- All tea, coffee, sugar, milk, crockery and cutlery has been removed from all Land Transport kitchen and amenities.
- **No passengers** to be in any Land Transport long distance vehicles.
- **Local prime movers** are to be **used** where possible instead of interstate prime movers.
- Keep as many **internal doors open** as possible to **reduce** the use of **high touch points** (door handles).
- All queries are to be emailed or phoned to internal departments, as **all face to face encounters** need to be at an **absolute minimum** and only when essential.
- In the attempt to reduce the amount of non-essential personnel in the offices, **external doors** are to be locked where possible or bollards put in place to maintain 1.5m distance.
- **Cleaners** are now completing cleans of all Land Transport depots **5 days per week**.
- We recommend you **use gloves when fuelling your vehicles**.
- **Pen** to be **removed** from **visitor sign in / out books**.
- Carry and use your own **pen/s** at all times.
- **Forklift drivers** to **wear gloves** at all time when operating the forklifts.
- All staff are encouraged to have a **flu shot**.
- **Hand sanitisers, masks, disposable gloves, surface sanitising sprays and disinfectant wipes** have been distributed throughout the company.
- **Shower spray** and **toilet wipes** have been distributed throughout the company.
- **Sanitising stations** have been installed into our depots at point of entry.
- Land Transport's **Covid-19 Safety Plan** has been issued to all our staff and subcontractors.
- All staff and approved visitors (Including Subcontractors) in all depots are to be **temperature tested** prior to commencing work each and every day until further notice. The normal body temperature range is **36.1c – 37.2c**. The temperature test results are to be recorded (form template in your depot folders) a copy of all results is to be sent to compliance.
- We request all long-distance drivers to be **COVID-19 tested** on a 7-day cycle. See below the testing sites (Page 4).
- All depots have been instructed that common lunchrooms are to have a maximum of 4 people at any one time and that chairs are to be taken out of lunchrooms, leaving a maximum of 4 only.
- Drivers have been issued with disinfectant wipes to wipe down surfaces etc in their trucks.

- All depots are issued with a weekly checklist for cleaning/sanitising supplies. If supplies are required, these are sent out immediately.
- As directed by SA Government, the Adelaide depot now has a COVID-19 marshal.

For now, **it is business as usual for us**. We have no reported confirmed cases of COVID-19 associated with our employees or their families. Our priority remains to be the health and safety of our employees, sub-contractors and customers. In line with this, our second priority is to remain open for business and to continue to provide livelihoods for our employees, sub-contractors, customers and their families.

**Even with Australian state borders closing, all road transport will continue as it is considered an essential service. We will keep on truckin'.**

Please see below extract from the DoH website regarding self-quarantine after returning to Australia from overseas:

*“Staying at home means you:*

- *do not go to public places such as work, school, shopping centres, childcare or university*
- *ask someone to get food and other necessities for you and leave them at your front door*
- *do not let visitors in — only people who usually live with you should be in your home*

*You do not need to wear a mask in your home. If you need to go out to seek medical attention, wear a surgical mask (if you have one) to protect others.*

*You should stay in touch by phone and on-line with your family and friends.”*

**Key symptoms of COVID-19 are:**

- Fever
- Cough
- Sore Throat
- Fatigue

For information on COVID-19, use the COVID-19 Symptom Check via <https://www.healthdirect.gov.au/symptom-checker/tool/basic-details> or contact the Australian Government’s National Coronavirus Helpline on 1800 020 080.

## **STATE BORDER LOCKDOWNS**

**South Australia - ENTRY PASS REQUIRED (3 MONTHLY)**

<https://www.police.sa.gov.au/sa-police-news-assets/front-page-news/sa-police-news>

**Northern Territory - FORM REQUIRED IF COMING FROM A HOTSPOT (PER TRIP)**

<https://coronavirus.nt.gov.au/community-advice/border-controls>

**Western Australia – G2G PASS SET UP ON PHONE**

<https://www.wa.gov.au/government/document-collections/coronavirus-covid-19-state-of-emergency-declarations>

**Queensland – ENTRY PASS REQUIRED IF COMING FROM OR TRAVELLED THROUGH NSW**

<https://www.qld.gov.au/border-pass>

**New South Wales – NO PERMIT REQUIRED**

**Victoria-ENTRY PASS REQUIRED IF COMING FROM OR TRAVELLED THROUGH NSW**

<https://www.coronavirus.vic.gov.au/south-australian-border-permit>

**KEEP OUR SPIRITS HIGH & HANDS CLEAN**

NB: Important notes and additions see in bold.

## STATE BORDER REQUIREMENTS

**All staff are to adhere to any/all written directives from any/all Governing bodies**

STATE	BORDER PASS	TESTING REQUIREMENTS	FACEMASK REQUIREMENTS	COMMENTS
ACT		NO		
NSW	NO	NO		
NT	YES-IF FROM A HOT SPOT PER TRIP			
QLD	YES- IF COMING FROM OR TRAVELLED THROUGH NSW	NO- RECOMMENDED YOU <b>DO NOT</b> HAVE TO SELF ISOLATE AFTER TESTING		* RECORD OF CLOSE CONTACT IS STILL REQUIRED TO BE FILLED OUT
VIC	YES- IF COMING FROM OR TRAVELLED THROUGH NSW	NO		
SA	YES-IF FROM ANY STATE RENEWED EVERY 3 MONTHS	NO		* RECORD OF CLOSE CONTACT IS STILL REQUIRED TO BE FILLED OUT
WA	YES-IF FROM ANY STATE G2G PASS SET UP ON PHONE	YES- IF YOU ARE IN WA FOR MORE THAN 48 HOURS OR PROVIDE EVIDENCE OF TESTING WITHIN 5 DAYS. YOU <b>DO NOT</b> HAVE TO SELF ISOLATE AFTER TESTING		

# COVID-19 TESTING SITES

We request all long-distance drivers to be COVID-19 tested on a 7-day cycle.

## TRUCK FRIENDLY DRIVE THROUGH

### QLD

Goondiwindi Caltex- 11.30am-7pm -7 days (Call 0418 281 573 if no one is attending the site)  
BP Charlton- 8.30am-4pm 7 days

### SA

Tailem Bend- 8am-5pm 7 days  
Puma Port Augusta Truckshop- 8am-11pm 7 days

### NSW

Narrandera Roadhouse- 24 hours 7 days  
Tarcutta Truck Change Over Yard- 24 hours 7 days  
Taree Service Centre (Pacific Highway)- 24 hours 7 days  
Narrabarba Rest Area (Princes Highway) - 24 hours 7 days  
Forbes Caltex Service Centre (Newell Highway) - 24 hours 7 days

### NT

Freight Industry Testing Facility- Truck Central (15 Tandem Street, Wishart NT)- Monday, Tuesday and Wednesday 8am-4pm  
**Must book a test: Call 0448 582 731 during above hours. Once arrived, stay in vehicle and call or text 0448 582 731**

## NON- TRUCK FRIENDLY

### QLD

QEII Hospital Coopers Plains- 10am-4pm Monday to Sunday (APPOINTMENT ONLY- 07 3182 6500)

### NSW

Broken Hill (CRYSTAL STREET)- 10am-2pm Monday to Friday (CAR DRIVE THROUGH)  
Wilcannia- 8.30am-4pm Monday to Friday (PARK TRUCK AND WALK)

### WA

Armadale Health Service, Ground Floor, 3056 Albany Highway, Mount Nasura – 10am to 6pm 7 Days  
Fiona Stanley Hospital, Bedbrook Row, North-eastern end of hospital, Murdoch– 10am to 6pm 7 Days  
Joondalup Hospital, Car Park P4, Regents Park Road Joondalup– 10am to 6pm 7 Days  
Royal Perth Hospital, Ground Floor, Ainslie House, 48 Murray Street, Perth– 10am to 6pm 7 Days  
Rockingham General Hospital, Elanora Drive, Cooloongup– 10am to 6pm 7 Days  
Sir Charles Gairdner Hospital, C Block, Hospital Avenue, Nedlands– 10am to 6pm 7 Days  
St John of God Midland Hospital, Yelverton Drive, Midland– 10am to 6pm 7 Days  
Broome Hospital, Corner of Anne and Robinson Streets, Broome - 8.30am-4pm 7 days  
Bunbury Health Campus, Bussell Highway (cnr Robertson Drive; 30m left of the main entrance) - 10am-4pm 7 days