



# HEALTH ALERT

01 February 2022

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:

**QR Check in codes** have been introduced in all depots. All staff (including interstate drivers), visitors, subcontractors and anyone who attends a depot, are to use the QR check in upon arrival to the depot.

- **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 times when operating the forklifts and forklifts are to be wiped down with alcohol wipes after use.
- **All workstations are to be wiped down with alcohol wipes daily**.
- 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.
- Temperature testing will be removed from depots, unless someone is feeling unwell, then the persons temperature will be checked and recorded. Effective 6 December 2021.
- We request all long-distance drivers to be **COVID-19 tested** on a 7-day cycle. See below the testing sites (Page 5).
- 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 monthly checklist for cleaning/sanitising supplies. If supplies are required, these are sent out immediately.

- As directed by SA Government, the Adelaide depot has a COVID-19 marshal.
- We strongly urge all to use Roadhouses and Takeaway establishments at a minimum when and where possible. If public restrooms are used, ensure that you practice good and safe hygiene and always use your own cleansing products.
- If any extra PPE or sanitising equipment is required, contact Compliance.
- We recommend that all get vaccinated.
- **Finger scanners (where installed) must be wiped with alcohol wipe after each use.**

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.

**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	POSITIVE CASE REQUIREMENTS	WEBSITE	COMMENTS	VACCINE REQUIREMENTS
ACT	NO			<a href="https://www.covid19.act.gov.au/community/travel">https://www.covid19.act.gov.au/community/travel</a>		NO
NSW			ISOLATE FOR 7 DAYS AFTER YOUR POSITIVE TEST RESULT – IF NOT SYMPTOMATIC, NO FURTHER TEST REQUIRED TO LEAVE ISOLATION			NO
NT	YES PER TRIP + Freight risk Mitigation Management Plan	YES		<a href="https://coronavirus.nt.gov.au/community-advice/border-controls">https://coronavirus.nt.gov.au/community-advice/border-controls</a>	*RECORD OF CLOSE CONTACT	YES – FROM 1/11/2021 EVIDENCE OF 1 <sup>ST</sup> VACCINATION & FROM 13/12/2021 EVIDENCE OF 2 <sup>ND</sup> VACCINATION
QLD	YES – FROM ALL STATES <b>FORTNIGHTLY</b>	NO	ISOLATE FOR 7 DAYS AFTER YOUR POSITIVE TEST RESULT – IF NOT SYMPTOMATIC, NO FURTHER TEST REQUIRED TO LEAVE ISOLATION	<a href="https://www.qld.gov.au/border-pass">https://www.qld.gov.au/border-pass</a>		FROM 15/11/2021 EVIDENCE OF 2 <sup>ND</sup> VACCINATION OR EVIDENCE OF A BOOKING FOR 2 <sup>ND</sup> VACCINATION
VIC			ISOLATE FOR 7 DAYS AFTER YOUR POSITIVE TEST RESULT – IF NOT SYMPTOMATIC, NO FURTHER TEST REQUIRED TO LEAVE ISOLATION			YES-FROM 15/10/2021 EVIDENCE OF 1 <sup>ST</sup> VACCINATION FROM 26/11/2021 MUST BE FULLY VACCINATED
SA			ISOLATE FOR 10 DAYS AFTER YOUR POSITIVE TEST RESULT – IF NOT SYMPTOMATIC, NO FURTHER TEST REQUIRED TO LEAVE ISOLATION	<a href="https://www.police.sa.gov.au/sa-police-news-assets/front-page-news/sa-police-news">https://www.police.sa.gov.au/sa-police-news-assets/front-page-news/sa-police-news</a>	* RECORD OF CLOSE CONTACT IS STILL REQUIRED TO BE FILLED OUT	YES- EVIDENCE OF DOUBLE VACCINATION
WA	YES-IF FROM ANY STATE <b>G2G PASS SET UP ON PHONE</b>	EVIDENCE OF A TEST WITHIN <b>72 HOURS</b> A RAPID ANTIGEN TEST (RAT) MUST ALSO BE UNDERTAKEN AT THE BORDER AND YOU WILL NEED TO AWAIT YOUR RESULT	ISOLATE FOR 7 DAYS AFTER YOUR POSITIVE TEST RESULT – IF NOT SYMPTOMATIC, NO FURTHER TEST REQUIRED TO LEAVE ISOLATION	<a href="https://www.wa.gov.au/government/document-collections/coronavirus-covid-19-state-of-emergency-declarations">https://www.wa.gov.au/government/document-collections/coronavirus-covid-19-state-of-emergency-declarations</a>	MUST SELF ISOLATE WHEN NOT WORKING	FROM 15/11/2021 MUST BE DOUBLE VACCINATED <b>MANDATORY BOOSTERS WITHIN 1 MONTH OF BEING ELIGIBLE</b> <b>ELIGIBILITY IS 4 MONTHS AFTER 2<sup>ND</sup> DOSE</b> <b>AFTER 31<sup>ST</sup> JAN ELIGIBILITY WILL BE 3 MONTHS AFTER 2<sup>ND</sup> DOSE</b>

Home Isolation periods are 7 days for all states other than SA which is 10 days. This period is as an example (7 day), should you have a PCR test at 10am on Monday morning and you have no symptoms by the following Monday you are right to return to work 10am. Example for SA (10 days) Monday 10am PCR test, non-symptomatic right to return to work Thursday 10am. No negative result required for any state.

The end of the Isolation period is determined by, no further symptoms and **NO REQUIREMENT** for a Negative result to return to work.

## COVID-19 TESTING SITES

We request all long-distance drivers to be COVID-19 tested on a **7-DAY CYCLE**.

If you are presenting for an asymptomatic test there will be **NO** consequences as a result of not self-isolating, even if you are instructed to do so.

If you present to a regional hospital and are told you must self-isolate, please **DO NOT** argue with the hospital staff, just have the test and say thanks and leave.

### TRUCK FRIENDLY

#### QLD

Port of Brisbane 58 Port Drive – 7am – 2pm (Mon-Fri)

BP Charlton – 8am-4pm (Mon-Fri) 8am-3pm (Sat-Sun) **Now accepting drivers in cars**

Boondall Entertainment Centre 1 Melaleuca Drive – 8am – 4pm 7 days

#### SA

Port Augusta Respiratory Clinic (behind hospital, off Giles Street) ring first 08 8668 7786

Puma Port Augusta – 8.30am to 4.30pm

#### NSW

BP Ballina 41 Bruxner Hwy – 7am – 11am 7 days

Ampol Yass 1715 Yass Valley Way (off Hume Hwy) - 24 hours 7 days

Armidale Airport Business Park Cameron Rd (off New England Hwy – 8am – 3pm Mon-Fri 8am – 12pm Sat-Sun

Walgett Hospital 141 Fox St –

#### VIC

Beveridge Truck Stop (Southbound) (Hume Freeway) – 6pm – 6am (STC)

Broadford Weighbridge (Northbound) (Hume Freeway) – 6pm – 6am (STC)

Benalla Health – Drive through – 45-63 Coster Street – 9.30am – 6pm (Mon-Fri) 1.30pm – 3.30pm (Sat-Sun)

Northeast Health-Wangaratta 58 Docker Street – 8am – 12.30pm (Mon, Wed, Fri, Sun) Closed (Tue, Thu, Sat)

Wodonga Respiratory Clinic – 224-226 Beechworth Road – 8.30am – 6pm (Mon – Fri) Closed (Sat-Sun)

#### 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**

**PLEASE ENSURE THAT YOU SEND A COPY OF YOUR TEST AND THE RESULT TO THE COMPLIANCE PHONE**

**If you are not sure of anything, please give the compliance phone a ring.**

**You can now record and upload a photo of your test and result on your I-Face (Found under Forms).**