Port of Virginia Health and Safety Rules - Motor Carriers		
I	Vehicles and equipment must follow established traffic patterns and signage.	
2	The speed limit is 20 mph, unless posted otherwise.	
	The use of a cell phone or personal electronic device, as well as wearing a headset, blue-tooth or ear buds is	
3	prohibited while OPERATING a MOVING vehicle/equipment OR while OPERATING controls such as hoisting a	
	spreader bar OR while on foot within 50 feet of active cargo operations.	
4	Seatbelt use is mandatory in a MOVING vehicle/equipment, to include the shoulder harness if equipped, as	
	designed.	
	An ANSI-2 vest/shirt that is YELLOW-GREEN or ORANGE AND safety shoes must be worn, as designed, when	
	outside on POV property, except in personal vehicle parking areas or when in/on a piece of equipment. This also	
5	applies on vessels, in warehouses, and in parts rooms. Suspenders do not meet this requirement. Terminal	
	maintenance employees wear the authorized uniform. Motor carriers must wear closed-toe shoes. Eye and hand	
	protection is required when exposed to or using a power saw, nail gun, chain cutter, grinder, or drill. Chainsaw use	
	requires safety glasses plus full face protection with helmet, chaps, and leather gloves. Servicing open vehicle	
	batteries requires safety glasses plus full face protection, apron, and gloves.	
6	Hard hats that are OSHA compliant must be worn when exposed to a vertical hazard such as under a crane, on	
	vessels, or in a transfer zone. Hard hats are also required for line-handler or land-bridge duties or within 50 feet of	
	operating cargo handling equipment or heavy equipment. Bump caps are not acceptable.	
	Any action that has the potential to adversely impact the health or hygiene of employees, such as using bare hands	
7	to obtain ice from the ice machines, is prohibited. This also applies in work vehicles/equipment. Feeding or leaving	
	food for animals is prohibited.	
8	Littering is prohibited. This includes throwing trash on the ground, in work vehicles/equipment, or in the bed of a	
Ŭ	pickup truck.	
9	Smoking/Vaping/E-Cigarette use is prohibited within 50 feet of cargo containers, on vessels, in work	
	vehicles/equipment, inside buildings, or inside work booths.	
10	Passing a MOVING vehicle/equipment is prohibited, unless road markings permit passing.	
	Driving or walking behind a vehicle/equipment that is moving in reverse, within 50 feet, is prohibited. When	
11	pedestrians are walking/working in an area exposed to vehicle traffic, they must be protected with cones, barriers,	
	or painted safety lanes.	
	In Out-of-Gauge Cargo Areas, motor carriers must remain in their truck OR be standing next to the groundman	
12	OR be greater than 50 feet from MOVING container handling equipment. A test lift, as defined in the POV	
	Operational Standards, is required.	
13	While waiting to back into a lane, brief coordination with other motor carriers to determine who will back-in next	
	is acceptable for up to two minutes, then drivers must be in their cab.	
14	Once backed into a transfer zone lane and waiting, motor carriers may not leave their lane except to use the	
	yellow driver assistance phone, speak with an exception clerk in the pickup truck, or use a porta-toilet. At North	
	NIT, motor carriers must have at least one foot in the booth while the Straddle Carrier is over the chassis. If	
	unable to secure locking pins, request assistance.	

15	Vehicles, equipment, cargo, GENSETS, and chassis must be parked in a marked location. In GENSET mounting	
	areas, during loading/unloading, motor carriers must remain in the booth with the sign that says, "Driver must stand	
	here please".	
16	Motor Carrier movement on the dock or berth highway requires an escort.	
17	At the PPCY, motor carriers must remain within the jersey walls on the paved surface. Traffic between the jersey	
	walls is one-way, except for PPCY operations vehicles. While WAITING to be loaded/unloaded or while BEING	
	loaded/unloaded, motor carriers must either remain in the cab OR next to the cab door on the same side as the	
	Side-Loader. Secure locking pins and inspect containers only in an area protected from truck traffic. Driving or	
	walking through container stacks is prohibited.	
18	During terminal operating hours that require a reservation, motor carrier entry into the terminal OCR portals	
	must occur within +/- 30 minutes of the reservation window. Waiting in front of the OCR portals or in the driver's	
	assistance parking lot for a validated reservation entry time is prohibited. If a "Turnaround - No Exit" ticket is	
	issued, the motor carrier is required to follow the instructions. Departing without an EIR is prohibited.	
The Terminal Safety Excellence Program may be found at www.portofvirginia.com/who-we-are/health-and-safety.		
Please send comments or questions to healthandsafety@vit.org		

