

# DO YOU KNOW YOUR STATUS?



People with HIV can enjoy a long and healthy life by taking medication which is effective and freely available to all. People with advanced or untreated HIV are at risk for more severe outcomes from other infectious diseases such as TB and Mpox.

Testing, counselling, and treatment services are available to truck drivers at any of our **Blue Box** clinics:

- 📍 Mombasa - Outside gate 18, Kipevu
- 📍 Jomvu - New Total petrol station
- 📍 Emali - Emali bus park
- 📍 Mlolongo - Mlolongo fly over
- 📍 Maai Mahiu - Opposite Narok Junction
- 📍 Salgaa - Rongai junction
- 📍 Burnt Forest - Burnt forest shopping centre
- 📍 Malaba - Opposite the customs exist

**THE ONLY WAY TO KNOW YOUR HIV STATUS IS TO GET TESTED. TESTS ARE CONVENIENT, FREE AND CONFIDENTIAL.**



transaid





IS YOUR CARGO  
SECURE?

## **CARGO SECURITY CHECKLIST**

- ☐ Choose the right system for the load, such as ratchet straps or chains.
- ☐ Ensure the truck has enough anchor points for the load.
- ☐ Use at least one pair of loop lashings per section of cargo to prevent sliding and tipping. For long cargo, use at least two pairs to prevent twisting.
- ☐ Consider how wind, road conditions, and temperature changes may affect cargo securement.
- ☐ Distribute the load's weight as evenly as possible. Do not overload axles.
- ☐ Lashings should not exceed an angle of 60° to restrain movement.
- ☐ Check the load securing arrangements periodically during the journey.
- ☐ Adjust or re-secure any loose or shifting cargo.
- ☐ Display the correct warning signs when carrying dangerous goods.
- ☐ When possible, drive in a convoy, while ensuring other traffic can pass safely.