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SAFETY BULLETIN



December 18, 2015

Brought to you by Idealsafe
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Always Keep Your Distance!

Always leave enough space between you and the vehicle in front of you. If you hit someone from behind, you are typically considered "at fault," regardless of the situation. Large trucks require more stopping distances than other vehicles. Take advantage of your driving height, and anticipate braking situations.

Idealease would like to wish all of you a Safe and Joy filled Holiday Season and a Prosperous New Year!

You will receive your next Idealease Safety Bulletin on January 8, 2016.

Electronic Logging Devices to be Required Across Commercial Truck and Bus Industries

The U.S. Department of Transportation's Federal Motor Carrier Safety Administration (FMCSA) announced the adoption of a Final Rule that will improve roadway safety by employing technology to strengthen commercial truck and bus drivers' compliance with hours-of-service regulations that prevent fatigue.

"Since 1938, complex, on-duty/off-duty logs for truck and bus drivers were made with pencil and paper, virtually impossible to verify," said U.S. Transportation Secretary Anthony Foxx. "This automated technology not only brings logging records into the modern age, it also allows roadside safety inspectors to unmask violations of federal law that put lives at risk."

The Final Rule requiring the use of electronic logging devices (ELD) will result in an annual net benefit of more than \$1 billion – largely by reducing the amount of required industry paperwork. It will also increase the efficiency of roadside law enforcement personnel in reviewing driver records. Strict protections are included that will protect commercial drivers from harassment.

On an annual average basis, the ELD Final Rule is estimated to save 26 lives and prevent 562 injuries resulting from crashes involving large commercial motor vehicles.

"This is a win for all motorists on our nation's roadways," said FMCSA Acting Administrator Scott Darling. "Employing technology to ensure that commercial drivers comply with federal hours-of-service rules will prevent crashes and save lives."

An ELD automatically records driving time. It monitors engine hours, vehicle movement, miles driven, and location information.

Federal safety regulations limit the number of hours commercial drivers can be on-duty and still

drive, as well as the number of hours spent driving. These limitations are designed to prevent truck and bus drivers from becoming fatigued while driving, and require that drivers take a work break and have a sufficient off-duty rest period before returning to on-duty status.

The four main elements of the ELD Final Rule include:

- Requiring commercial truck and bus drivers who currently use paper log books to maintain hours-of-service records to adopt ELDs within two years. It is anticipated that approximately three million drivers will be impacted.
- Strictly prohibiting commercial driver harassment. The Final Rule provides both procedural and technical provisions designed to protect commercial truck and bus drivers from harassment resulting from information generated by ELDs. [A separate FMCSA rulemaking further safeguards commercial drivers from being coerced to violate federal safety regulations and provides the agency with the authority to take enforcement actions not only against motor carriers, but also against shippers, receivers, and transportation intermediaries.]
- Setting technology specifications detailing performance and design requirements for ELDs so that manufacturers are able to produce compliant devices and systems – and purchasers are enabled to make informed decisions.
- Establishing new hours-of-service supporting document (shipping documents, fuel purchase receipts, etc.) requirements that will result in additional paperwork reductions. In most cases, a motor carrier would not be required to retain supporting documents verifying on-duty driving time.

The ELD Final Rule permits the use of smart phones and other wireless devices as ELDs, so long as they satisfy technical specifications, are certified, and are listed on an [FMCSA website](#). Canadian- and Mexican-domiciled drivers will also be required to use ELDs when operating on U.S. roadways.

Motor carriers who have previously installed compliant Automatic On-Board Recording Devices may continue to use the devices for an additional two years beyond the compliance date.

A copy of the ELD Final Rule is available at: <http://www2.idealease.com/e/36492/s-service-supporting-documents/3k4kpn/427875755>.

Further information, including a comprehensive, searchable list of frequently asked questions, and a calendar of upcoming free training webinars, is available <http://www2.idealease.com/e/36492/elds/3k4kpg/427875755>.

FMCSA Proposed Rule Would Close Safety Gap by Requiring ALL Large Commercial Truck Passengers to Use Safety Belts



The Federal Motor Carrier Safety Administration (FMCSA) has announced it is seeking public comment on a Notice of Proposed Rulemaking (NPRM) requiring passengers riding in property-carrying commercial motor vehicles (CMVs) to use safety belts.

ARRIVE ALIVE Federal rules have long required all commercial drivers to use safety belts (49 CFR 392.16); this proposed rule would hold both trucking companies and commercial truck drivers responsible for ensuring that any passenger riding in the truck cab are also buckled up.

Approximately 275 occupants of large trucks killed in crashes in 2013 were *not* wearing their safety belts, according to the most recently available data from the National Highway Traffic Safety Administration.

Driving Too Fast for Conditions

Driving too fast for conditions is defined as traveling at a speed that is greater than a reasonable standard for safe driving.

Examples of conditions where drivers may find themselves driving too fast include:

- Wet roadways (rain, snow, or ice)
- Reduced visibility (fog)
- Construction zones
- Curves
- Intersections
- Heavy traffic



The Large Truck Crash Causation Study (LTCCS) reported that 23 percent of large-truck crashes occurred when commercial motor vehicle (CMV) drivers were traveling too fast for conditions.

- You should reduce your speed by 1/2 or more on snow packed roads (i.e., if you would normally be traveling at a speed of 60 mph on dry pavement, then on a snow-packed road you should reduce your speed to 30 mph). When you come upon slick, icy roads you should drive slowly and cautiously and pull off the road if you can no longer safely control the vehicle.
- 40 percent of speeding-related fatalities occur on curves.
- Braking in a curve can cause the wheels to lock up and the vehicle to skid.
- Even though ramps and interchanges make up less than 5 percent of all highway miles, 20 to 30 percent of all large-truck crashes occur on or near ramps.

Loaded trailers require 20 to 40 percent more braking distance than passenger vehicles to come to a complete stop.

Driver Tip:

ALWAYS KEEP YOUR DISTANCE

Always leave enough space between you and the vehicle in front of you. If you hit someone from behind, you are typically considered "at fault," regardless of the situation. Large trucks require more stopping distances than other vehicles. Take advantage of your driving height, and anticipate braking situations.

Driver Recognition Awards

Now is the time to review the driver recognition awards program that you have in place and recognize your drivers who operated safely in 2015. It is important that we recognize those drivers who have performed in a safe and compliant manner. Recognition awards are best used for safe driving. A recognition award should be an award that the driver or employee cannot get anywhere else. It is best if these awards are personalized. Benefits of a recognition award are that they are non-monetary and will have a longer lasting effect. A driver should not be able to go and buy this award on their own. The only way to receive the award and recognition is to meet the requirements for receiving the award. These awards can be further enhanced by presenting award group presentations with peers (i.e. meetings, banquets, etc.).

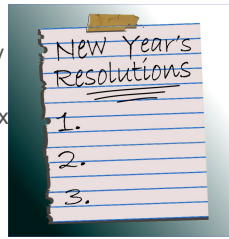
As a motor carrier, there are a number of state and nationwide association award programs that you can enroll your drivers in. I would recommend that you contact your state trucking association for a listing of the awards programs that are available. There are a variety of awards programs available for your drivers through organizations such as the American Trucking Association (www.truckline.com) and the National Private Truck Council (NPTC). The NPTC has the Driver Hall of Fame and National Driver All-Stars driver's awards programs that are available to NPTC members.

Go to: www.nptc.org to enroll your driver.

Driver Incentive Awards: Incentive monetary awards are best used to motivate a driver to perform. These types of incentive programs are successful in motivating the driver to achieve a specific goal such safe driving or a clean roadside inspection.

New Year's Resolutions

Each January, roughly one in three Americans resolve to better themselves in some way. A much smaller percentage of people actually make good on those resolutions. While about 75% of people stick to their goals for at least a week, less than half (46%) are still on target six months later, a recent study found.



It's hard to keep up the enthusiasm months after you've swept up the confetti, but it's not impossible. This year, pick one of the following 5 worthy resolutions, and stick with it. Here's to your health!

Lose weight: Use a food journal to keep track of what you eat and have a support system in place. Typically around week four to six people begin to make excuses. That's why it's important to have someone there on a regular basis to get you through those rough times.

Quit smoking: Fear that you've failed too many times to try again? Talk to any ex-smoker, and you'll see that multiple attempts are often the path to success.

Try different methods to find out what works. And think of the cash you'll save!

Cut your stress: A little pressure now and again won't kill us; in fact, short bouts of stress give us an energy boost. But if stress is chronic, it can increase your risk of—or worsen—insomnia, depression, obesity, heart disease, and more.

Long work hours, little sleep, no exercise, poor diet, and not spending time with family and friends can contribute to stress.

Cut back on alcohol: Drinking alcohol in excess affects the brain's neurotransmitters and can increase the risk of depression, memory loss, or even seizures.

Chronic heavy drinking boosts your risk of liver and heart disease, hypertension, stroke, and mental deterioration, and even cancers of the mouth, throat, liver, and breast.

Get more sleep: You probably already know that a good night's rest can do wonders for your mood—and appearance. But sleep is more beneficial to your health than you might realize.

A lack of sleep has been linked to a greater risk of obesity and type 2 diabetes. And sleep is crucial for strengthening memories (a process called consolidation).

So take a nap—and don't feel guilty about it.

Be Prepared for Inclement Weather

Be aware: Find out about the latest weather-related driving conditions and stay alert to changing road/weather conditions as you travel.

Be informed: Make informed decisions as you plan your day. Drivers can easily do this, by using their state traveler information services. Safe drivers know the weather, and their limits. If the weather is bad, remember ICE AND SNOW... TAKE IT SLOW.

Vehicle preparation: Remove any snow on your truck's windows, lights, brake lights and signals. Make sure you can see and be seen. Check your truck's tires, fluids, belts, and hoses. A breakdown is bad on a good day and dangerous on a bad-weather day.

Time: Leave plenty of time to reach your destination safely. It's not worth putting yourself and others in a dangerous situation just to be on time.

First snow or ice: Drivers aren't prepared for winter driving and forget to take it slow. Remember to drive well below the posted limit and leave plenty of room in front of your truck.

Limited visibility: Stay attentive, reduce speed and know what's going on around you.

Get Set... Then Go

Totally clear all the windows of snow and ice before driving. Just the movement of the truck

and stopping can cause snow to slide onto the windshield or windows and limit your vision. There are many kinds of windshield deicing fluids that can be sprayed on glass to help melt ice. However, these generally contain an alcohol base, which not only melts the ice, but cools the glass. Subsequently, the moisture in the air may suddenly freeze over the glass surface, obscuring your vision.

Moisture in your breath may also cause ice to form on the inside of the windshield. Thus, before using a deicing fluid, warm the windshield with the truck's defroster to prevent it from icing over again. Warm up the engine. Start your truck and let it idle for a few minutes before driving in order to prevent stalling. Then drive slowly until the truck is totally warmed up.

Prevent fogging. While you are warming up your truck, turn on the heater and the defroster to prevent sudden fogging when you pull out.

Consider using a block heater to keep your engine warm at night. Many mornings, the cold will make your truck hard to start.

See and be seen. When it is gray or snowing, turn the truck's headlights on so you can see and be seen by surrounding traffic. Keep the headlights and taillights clean for added visibility.

Cold Weather Equipment

Do not wait until it freezes or snows to load your truck with the equipment necessary to combat the elements. Put the following supplies in your cab:

- Flashlight
- Brush or broom for snow removal
- Extra fuses
- A rag for cleaning headlights or the windshield if you should run out of washer fluid
- Extra washer fluid
- Work gloves
- A small snow shovel
- A blanket and extra heavy clothing for emergencies (to include snow boots)
- Non-perishable food for emergencies
- A working cell phone

If You Become Stranded In a Winter Storm

Do not panic: Always work slowly to avoid overexertion. Attempting to shovel even small amounts of snow may lead to a heart attack.



Stay in your truck: Do not attempt to find help by walking. You can quickly become disoriented in blowing and drifting snow. Your truck provides the best protection from the weather and you are more likely to be discovered by highway maintenance crews or law enforcement officers if you remain in your truck.

Keep fresh air circulating: Carbon monoxide can build up in a tightly closed cab, especially one sealed by blowing or drifting snow. Run the engine sparingly and open only the downwind window to provide proper ventilation.

Keep active: Clap your hands and move your arms and legs vigorously from time to time to stimulate circulation, relieve muscle tension and help keep you awake.

Turn on your interior lights: The light will help you observe others in the truck and make your truck visible to passersby.

Weather and Road Conditions Link:

The FHWA's web site, <http://www2.idealease.com/e/36492/trafficinfo-index-hm/3k4kpx/427875755> contains links to information on weather and road conditions and the availability of travel web sites and 511.

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