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## SAFETY BULLETIN



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**Next Wednesday is the First Day of Summer and the Heat is ON!**

**What are you doing to protect your employees from Heat Stroke and exhaustion?**

These conditions are created when our body is unable to regulate our heat production at a safe level. First, we need to make all of our employees aware of the signs and symptoms for these conditions:

1. Fatigue, weakness, fainting
2. Nausea and vomiting
3. Headache
4. Dizziness
5. Muscle cramps

Idealease and the National Private Truck Council NPTC will again be hosting safety seminars in 2017. The one day seminar this year will focus on the new Electronic Logging Device (ELD) regulation, basic safety and compliance, regulation changes and CSA. The seminars and will be provided to all Idealease customers, potential customers and NPTC members

6. Irritability
7. Sweating (absence or presence)
8. Paleness

These conditions can be further escalated by the physical condition of your employees. Employees at a greater risk for heat exhaustion and heat stroke are those with: Heart disease, Skin diseases, Extensive burns, Endocrine disorders (hyperthyroidism, diabetes, etc.), High blood pressure, Overweight, Depression, Insomnia and Fever. Over the counter drugs can also contribute to a greater risk for these conditions.

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### **ALL HEAT-RELATED ILLNESSES ARE PREVENTABLE!**

What can you do to prevent them?

- Use Common Sense!
- Limit your exposure to direct sunlight as much as possible.
- Drink more fluids (non-alcoholic); do not drink fluids that contain caffeine or large amounts of sugar. Sport drinks are good as they replace electrolytes and salt in your body. Avoid extremely cold fluids as these can cause stomach cramps. Drink often throughout the day 4-6 ounces at a time. WATER IS GOOD!
- Wear lightweight, light colored, loose fitting clothing that does not create a safety hazard for your work environment. If outdoors, wear a hat to reduce direct exposure to the sun.
- Make sure your employees are wearing sunglasses that provide UV protection and are impact resistant
- Avoid hot foods and heavy meals. They add heat to your body.
- Drivers who are on routes should pack a cooler with water for the day. Also, keep an umbrella in the truck if you are operating in extreme conditions, (desolate, desert, etc.), this will allow you to move to an area with breeze and still be protected from the sun.
- If exposure to the sun is inevitable, apply generous amounts of sunscreen with a high SPF rating to exposed skin.
- Make sure your truck is in excellent condition. A good pre-trip inspection is crucial in extreme heat conditions to prevent breakdowns, otherwise you may find yourself and

at no charge. The seminar provides important information applicable for both the novice and experienced transportation professionals. To register for an upcoming seminar in 2017 click on the following link:

<http://www2.idealease.com/e/36492/safety-seminar-registration/5cp8qg/574934519>

### **Idealease 2017 Safety Seminar Schedule**

<u>Date</u>	<u>Location</u>
September 12	Santa Rosa, CA
October 3	Charlottesville, VA
October 4	Erie, PA

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your unit on the side of the road exposed to the extreme heat.

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## **Heat and Tires!!!**

A very famous tire engineer once stated, "Heat is to tires as Kryptonite is to Superman"...in other words, its worst enemy. Taken all together, hot summer temperatures, under inflated tires, heavy loads, and traveling at high speeds and you have a recipe for tire disaster...that is exactly why you see more alligators on the highway in the summer season. During the winter or spring months, a tire that was being run under inflated would have heat buildup that would dissipate into the atmosphere as the ambient temperature is cold. Now, when operating in temperatures in excess of 100 degrees the heat will increase significantly in an under inflated tire.

### **The effect that proper air pressure has on tires is endless.**

When a radial truck tire has been inflated to its proper air pressure according to the weight it is carrying, the operating temperature should be around 150 degrees. Let us assume that 100psi is the fleet standard. The rule of thumb is that for every loss in air pressure of 2psi, the tire temperature will increase 5 degrees.

### **What can fleets do to minimize tire related issues during the summertime months?**

- Tire pressure needs to be checked more frequently in the summer. Weekly is recommended.
- Review with drivers the proper tire inspection procedure during a pre-trip inspection.
- Do not rely on the looks of the tire or striking the tire to determine inflation pressure. The only accurate way to access the pressure in a tire is to use a tire gauge. Keep in mind just 2 psi deficit in pressure increases the heat by 5 degrees.
- Plan your tire program around mounting new, deep tread depth tires prior to the winter season. When summer hits, the tires will be worn down and generate less heat.
- Inspect tires for punctures and damage more frequently in the summer months. Tire punctures tend to increase during the summer because the tread rubber becomes hotter and "softer" and acts as a magnet to nails and road debris

**Bottom line: Checking your tires on a regular basis for both air pressure and any signs of irregular wear is essential if a fleet wants to maximize mileage and increase fuel economy.**

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## **Beware - We are now in the busiest time of year for Road Construction**

Drivers need to be especially cautious of construction zones this summer. States are making a concentrated effort to raise the awareness of the dangers in these zones. Here are some safety tips you can share with your drivers regarding construction zones:

- SLOW DOWN and be alert when approaching a “construction zone.” Get into the correct lane well in advance. Where traffic is merging into a single lane, be cautious of other motorists racing to get ahead of slowing traffic.
- Get OFF of the phone.... even Hands Free phones are distracting your ability to safely operate your truck
- PAY ATTENTION to what those orange and black warning signs are telling you to do.
- BE ALERT for the actions of other drivers.
- PAY CLOSE ATTENTION to construction equipment and workers. You never know their next move, so be prepared to stop.
- WATCH SPEED LIMITS and don't tailgate. Double your following distance. Rear-end collisions are the most common kind of construction zone accident.
- WATCH FOR CONSTRUCTION VEHICLES entering and exiting the road in or near the construction area, as they may enter and exit at a slower speed than other traffic.
- TURN YOUR HEADLIGHTS ON as you approach a work-zone, alerting both the construction workers and other traffic around you of your presence.
- GIVE CONSTRUCTION WORKERS A BRAKE

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