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July 26th, 2019

## Heat is On!

This crazy weather continues this year and the Heat is setting record temperatures across North America.

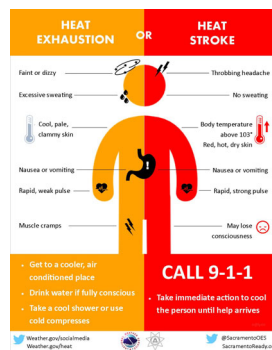
*What Are You Doing to Protect Your Employees from Heat Stroke and Exhaustion?*

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
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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## FMCSA Proposal Expands Flexibility for CDL Applicants

The Federal Motor Carrier Safety Administration (FMCSA) announced a proposed rule that would allow commercial driver's license (CDL) applicants to take general and specialized knowledge tests in a state other than the applicant's state of residence. FMCSA said the proposed rule would reduce travel costs and time delays to obtain CDLs. The proposed changes are optional for the states - they will not be required to offer testing for out-of-state applicants. However, if a state elects to test an out-of-state CDL applicant, the applicant's state of residence would be required to accept the results.

Reducing regulatory challenges for CDL applicants has been a focus for FMCSA this calendar year. In March, FMCSA authored a final rule streamlining the process and reducing costs to upgrade from a Class B to a Class A CDL. FMCSA said the rule will save eligible driver trainees and motor carriers \$18 million annually. In June, FMCA published a deregulatory proposal to streamline and simplify the process by which states are currently required to conduct skill tests for individuals seeking to obtain a CDL. The latest proposed rule will have a 60-day comment period upon publication in the Federal Register. Comments can be submitted through the federal eRulemaking portal at regulations.gov, under Docket No. FMCSA-2018-0332.

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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 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



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## UPCOMING EVENTS:

### Driver Appreciation Week is Sept 8-14th



National Truck Driver Appreciation Week, an annual celebration of America's 3.5 million professional truck drivers, is the motoring public's opportunity to thank truck drivers for delivering critical goods to their communities.

Because professional truck drivers deliver hotdogs, drinks, hats, and everything that goes into America's favorite pastime, ATA decided to honor truck drivers on Friday, September 13 with special recognition at Nationals Park in Washington, DC during the Washington Nationals vs. Atlanta Braves game.

This year, National Truck Driver Appreciation Week runs September 8-14. Trucking industry organizations honor truck drivers by hosting company barbecues, offering safety bonuses, handing out safety awards, and making other special efforts. [Trucking Moves America Forward](#), the trucking's industry-wide image movement, is again offering state trucking associations partnership opportunities on strategically located National Truck Driver Appreciation Week billboards.

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## CVSA's Brake Safety Week is Sept. 15-21st



The Commercial Vehicle Safety Alliance's (CVSA) Brake Safety Week is scheduled for Sept. 15-21. Throughout that week, enforcement officials will conduct roadside safety inspections on commercial motor vehicles throughout North America. Vehicles with critical brake violations, or other critical vehicle inspection item violations, will be restricted from traveling until those violations are corrected. Vehicles without critical vehicle inspection item violations are eligible to receive a CVSA decal indicating that the vehicle passed inspection.

During this year's Brake Safety Week, inspectors will be

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.

## 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.



## Practice Work Zone Safety

Work zones present many hazards, like lane shifts, sudden stops, uneven road surfaces, moving workers and equipment, and confused passenger vehicle drivers. In 2016, 27% of fatal work zone crashes involved at least one large truck compared to only 11% of all fatal crashes – so it's vital to take work zone safety seriously.

- Slow down, maintain extra following space, and to be prepared to stop.
- Obey all work zone signs and signals.
- Scan ahead for changing traffic patterns, and be alert to vehicles entering your blind spots.
- Keep a sharp eye out for road workers and flag crews.



### Question of the Week:

*I got a warning letter from the FMCSA regarding my CSA SMS scores...what do I do?*

paying special attention to brake hoses/tubing. While checking these brake system components is always part of the North American Standard Inspection Program, CVSA is highlighting brake hoses/tubing as a reminder of their importance to vehicle mechanical fitness and safety.

## Register Now to Attend an Idealease/NPTC Safety Seminar This Fall!



The fall schedule has now been released. Join us at a safety seminar in August, September or October to hear the latest updates on regulations and compliance.

### Fall 2019

8/21/2019	San Leandro, CA
9/10/2019	Chattanooga, TN
9/11/2019	Chattanooga, TN
9/12/2019	Nashville, TN
9/17/2019	Louisville, KY
9/18/2019	Green Bay, WI
9/19/2019	Springfield, IL
10/3/2019	Erie, PA
10/8/2019	Chicago, IL
10/8/2019	Everett, WA
10/9/2019	Eugene, OR
10/15/2019	Reno, NV
10/22/2019	Salt Lake City, UT
10/23/2019	Lexington, KY
10/23/2019	Modesto/Turlock, CA

Idealease and the National Private Truck Council NPTC will again be hosting safety seminars in 2019. The one-day seminar this year will focus on new safety technologies available on trucks today, basic safety and compliance, regulation changes and CSA. The seminars and will be provided to all Idealease customers, potential customers and NPTC members at no charge. The seminar provides important information applicable for both the novice and experienced transportation professionals. To register for an upcoming seminar in the Fall of 2019 click on the below link:

<http://www2.idealease.com/e/36492/safety-seminar-registration/5ndkm4/733164981?h=A5IT0Oa5aiKsZdF60JS2VX->

A warning letter is your chance to improve your safety performance and compliance without further intervention from the Federal Motor Carrier Safety Administration (FMCSA). Read the letter carefully because it identifies your company's specific safety performance and compliance problems based on Safety Measurement System (SMS) data, explains how to access your safety record, and outlines the consequences if your company's safety performance and compliance do not improve.

*What happens next?*

You do not need to respond directly to the letter. FMCSA will continue to monitor your safety performance and compliance through its SMS at [http://www2.idealease.com/e/36492/sms--/5ndkln/733164981?h=A5IT0Oa5aiKsZdF60JS2VX-KdFB7HlwOVISJw3y\\_bOA](http://www2.idealease.com/e/36492/sms--/5ndkln/733164981?h=A5IT0Oa5aiKsZdF60JS2VX-KdFB7HlwOVISJw3y_bOA) It is also important for you, as a motor carrier, to regularly check your SMS data. If your safety performance and compliance do not improve, FMCSA may conduct additional interventions that could result in fines and/or suspension or revocation of your company's operating authority. These interventions may include Offsite or Onsite Investigations

## FMCSA Proposes Two-Year Delay to Parts of Driver Training Rule

Citing technical issues, the Federal Motor Carrier Safety Administration has proposed to delay implementation of certain portions of the Entry-Level Driver Training rule for an additional two years. 84 Fed. Reg. 34324 (July 18, 2019). The proposed extension would only apply to: (1) the date for training providers to upload entry-level driver training certification information into the Training Provider Registry; and (2) for State Driver Licensing Agencies to receive driver-specific



ELDT information. The implementation dates for these two provisions would be extended from February 7, 2020 to February 7, 2022. The FMCSA notice states this proposal would allow the agency additional time to complete development of the electronic interface that will receive and store ELDT certification information from training providers and transmit that information to the SDLAs. The proposed extension would also

provide SDLAs with sufficient time to modify their information technology systems and procedures, as necessary, to accommodate their receipt of driver specific ELDT data from the TPR. The remainder of the rule, including the requirements for an entry-level CDL driver to complete classroom and behind the wheel training before taking the CDL exam, would go into effect as planned on February 7, 2020. Beginning February 7, 2020, training providers wishing to provide ELDT must be listed on the TPR and drivers seeking a CDL or endorsement on or after February 7, 2020, must complete the required training, as set forth in the ELDT final rule.

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## CVSA's Operation Safe Driver Week Set for July 14-20 with a Focus on Speeding

Drivers' actions contributed to a staggering 94 percent of all traffic crashes, according to the National Highway Traffic Safety Administration's (NHTSA) [2015 Traffic Safety Facts](#) report.

In response to this issue, law enforcement personnel will be on the lookout for commercial motor vehicle drivers and passenger vehicle drivers engaging in dangerous driver behaviors July 14-20 as part of the Commercial Vehicle Safety Alliance's (CVSA) Operation Safe Driver Week. Drivers engaging in unsafe driving behaviors will be pulled over by law enforcement and may be issued a warning and/or citation.

## Register Your Employees for the Safety Bulletin or View Archives of Past Bulletins

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