

Protecting your Driver and Truck during Extreme Cold Conditions

During the past week we have seen record cold temperatures from Canada to the US/Mexico border.

It is important in your operations that the driver as well as the truck are protected from the cold and can both perform to get your product delivered. The following are recommendations for operations in extreme cold weather.

Protecting your Driver

Cold weather precautions to prevent hypothermia and frostbite: Hypothermia occurs when the body's temperature falls below normal. Early and mild symptoms include: shivering, slurred speech, mental slowness or lethargy, muscular stiffness and clumsiness. Symptoms of severe hypothermia include mental confusion, disorientation, stupor or coma, absence of shivering, stiff or rigid muscles, shallow and very slow breathing, weak pulse and a fall in blood pressure. If symptoms are detected, especially in the elderly, seek immediate medical help.



REMINDER

OSHA 300A Log posting Feb 1, 2010
The OSHA 300A log is to be posted between Feb 1, 2010 and April 30, 2010 for all employees to view.



To prevent Hypothermia take the following precautions:

- * Wear several layers of warm, loose-fitting clothes. Items that wick moisture away from the skin are best.
- * Use gloves and knit caps to keep heat in.
- * Change clothing if it becomes wet.
- * Have an emergency kit containing a change of clothes, a blanket and snacks in case of being stranded.
- * Eat hot, nutritious meals and drink water.

Many prescription drugs may make you more sensitive to the cold, so check with your physician or pharmacist to find out if your medication falls in this category.

Frostbite, especially when the wind chill factor is very low, can be a problem. Symptoms of frostbite include: changes in skin appearance such as swelling, reddish, bluish or whitish coloring, numbness, stiffness or rigidity. If untreated, frostbite can lead to loss of frozen fingers, toes or other affected skin areas. To prevent frostbite, protect skin from direct exposure to cold air and from exposure to intensely cold

Protecting the Truck

1. Diesel supplement should be added to the ultra low sulfur diesel fuel when temperatures drop below 32 degrees.
2. If your truck is equipped with an engine block heater it should be plugged in when the temperature is below 32 degrees. Trucks that are not utilized should be started and let run every day to bring the unit up to normal operating temperature.
3. Initial start up procedure should be as follows: Complete pre-trip of unit, unplug block heater, turn ignition switch to on, and wait for glow plug lights to go out, start engine, leave engine run until engine operating temperatures increase.
4. For trucks equipped with air brakes, drivers should purge air tanks daily. If the unit is equipped with an air drier, bringing the PSI to 120 will automatically purge the system.

5. If you are driving in snow, ice, slush, rain, etc., before parking the unit for the day you should lightly apply the brakes while the unit is moving to dry the brake shoes, drums, rotors and pads so the brakes do not freeze while parked.
6. Make sure windshield washer solvent is full and that all windows are clean.
7. Remove any ice-snow build up from steps and grab handles to prevent a slip or fall.
8. When parking the unit make sure if heavy snow is forecast that the unit is not left parked in an outside dock or near a building overhang. Snow can drift off of the building causing excessive accumulation on the top of the truck or trailer and can cause the roof to collapse.
9. If you have a tractor/trailer unit that you are going to park and you have been operating in icy/rain/slush conditions apply the trailer brakes lightly to get rid of any moisture on the inside of the drums or shoes just prior to parking. If you are leaving the units parked together apply the tractor brakes only when parked to prevent the shoes from freezing to the drums.

FMCSA Rule Setting 2010 UCR Registration Fees Delayed

Efforts by FMCSA to issue new Unified Carrier Registration fees for 2010 have been delayed. The new rule was to have been issued by October 15. However, at both the October and November UCR Board teleconference calls, FMCSA representatives said the process for issuing a new rule was on track and would be coming out soon. They further reported that the rule had not been deemed to be economically significant thereby obviating a more lengthy review by the Office of Management and Budget. In the November 12 call, UCR Board members discussed the fact that if the rule were issued by December 1, there would still be time for the registration notices reflecting the 2010 fee schedule to be sent out to carriers by January 1, 2010. The rule was not issued by December 1 and on the UCR Board's December 10 teleconference call, FMCSA representatives reported that due to heightened public interest there is a possibility the rule could be deemed to be "significant" thereby requiring more time for review by OMB. If this is the case, it is estimated that the rule could be delayed until at least March, 2010 and possibly later. This could jeopardize receipt of 2010 UCR revenues that many states depend on for funding of motor carrier safety enforcement. Last week, CVSA, NCSTS (National Conference of State Transportation Specialists) and NARUC (National Association of Regulatory Utility Commissioners) sent a letter to FMCSA outlining our concerns with respect to this issue. The letter is attached, along with the comments CVSA supplied to the fee rulemaking in September. We are monitoring this very closely and will keep you apprised of information as it becomes available.

February Idealease/NPTC Safety Seminars

If you want to attend one of these seminars please contact your Idealease representative below!

Date: February 4	Date: February 10	Date: February 11
Place: Lake City Idealease	Place: Miami Valley Idealease	Place: Diamond Idealease
Location: Bowling Green, KY	Location: Columbus, OH	Location: Memphis, TN
Contact: Todd Stapley	Contact: Mike Houston	Contact: Jeff McDermott
Phone: 801-977-9333	Phone: 513-733-8510	Phone: 901-348-2722
Date: February 16	Date: February 17	Date: February 18
Place: Westran Idealease	Place: BIT Idealease	Place: Riverview Idealease
Location: Santa Fe Springs, CA	Location: Pleasanton, CA	Location: W. Sacramento, CA
Contact: John Barbour	Contact: Dave Angotti	Contact: Jeff Peterson
Phone: 562-404-1020	Phone: 510-264-5260	Phone: 916-371-3134