

DRIVERS TAKE CARE OF YOURSELF!

The most important part of a moving truck is the driver! Get plenty of rest before getting behind the wheel. Eat well and stay fit. Remember, hours of service violations are serious and can threaten your livelihood or even your life. Stay healthy and well rested, or don't drive!

ALWAYS MAINTAIN YOUR VEHICLE

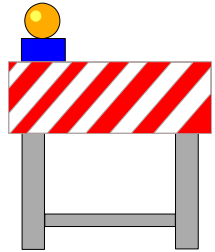
Inspect your vehicle before each trip and check your brakes regularly. Learn how to inspect your brakes, identify safety defects, and get them repaired before risking your life and others on the highway. Your Idealease representative can assist you with pre and post trip inspection training.

BE AWARE OF YOUR "NO-ZONE"

Other drivers may not be aware of the size of your truck's blind spots. Be vigilant in watching out for vehicles in the No-Zone. The No-Zone represents the danger areas, or blind spots, around trucks and buses where crashes are more likely to occur. One-third of all crashes between large trucks and cars take place in the No-Zone.

SLOW DOWN IN WORK ZONES

Watch out for highway construction. Stay alert. Work zone crashes are more likely to happen during the day. Almost one-third of fatal crashes in work zones involved large trucks. Take your time going through work zones and give yourself plenty of room. Expect the unexpected!



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.

FASTEN YOUR SEAT BELT

Buckle up for safety and control. If you are in a crash, a seat belt can save your life and those around you. It will keep you in your seat and allow you to maintain control of your truck or bus. A major cause of truck and bus driver fatalities involves being ejected from the vehicle. Wearing seat belts is still the single most effective thing all drivers can do to save lives and reduce injuries on our roadways.

ALWAYS DRIVE DEFENSIVELY

Avoid aggressive drivers! It's estimated that each year two-thirds of all traffic fatalities are caused by aggressive driving behaviors. Keep your distance and maintain a safe speed. The only thing speed will increase is your chance for a crash.

WORK TO HELP YOURSELVES

Be the professional on the highway and at safety events! Help stranded motorists; notify traffic safety agencies of crashes, unsafe drivers, unsafe roadway conditions, and other situations that can lead to crashes. Join a "Highway Watch" program, if available in your state. Your participation in public safety events and your performance on the highway can change public perception!

TELL US IF SOMETHING IS WRONG

If you know of unsafe conditions that exist regarding your truck, tell your Idealease representative immediately so the situation can be addressed. Proper Pre and Post Trip inspections are a vital part of operating the unit safely each and every day.

New DOT Urine Specimen Collection Guidelines – Effective August 25, 2008

The DOT has revised 49 CFR Part 40 in a Federal Register published June 25, 2008. The part 40 amendments are effective August 25, 2008. This revised regulation pertains to observed collections.

Some urine collection procedures that were changed make it more difficult to beat the DOT drug tests. The DOT Urine Specimen Collection Guidelines have been updated to reflect changes to the collection process. The new Guidelines – which are also effective August 25, 2008 – are now available at: www.dot.gov/ost/dapc/udsc.html.

The DOT changed the observed collection procedures because there is ample evidence suggesting that more and more devices are available in the marketplace designed to tamper with specimens (for example, devices expressly designed to bring “clean” urine into collections so specimens would test negative). Many of these were designed to be undetected even if specimens were observed using the old procedures.

The new direct observation procedures require the observer to check for these devices when an employee is subject to an observed collection. These new procedures are for those employees and situations for which observed collections are already required, or in the case of #5 below, was an employer’s option.

1. Employees will dilute specimens with creatinine in the 2-5 range.
2. Employees with invalid test results with no valid medical explanation.
3. Employees who tested positive, adulterated, or substituted & their split specimens were not available for testing [splits not collected; missing or destroyed in transit].
4. Employees who submit out-of-temperature range specimens or tampered-with specimens at collection sites.
5. Employees with prior positives and refusals. Return-to Duty & Follow-Up drug testing under direct observation goes from employer option under the old rules to required under the new amendment.

The Guidelines state that employees having observed collections must be instructed to raise clothing, just above the navel; lower clothing, to mid-thigh; then turn around to show the same gender observers they do not have prosthetic devices for beating the tests. If no device is detected, the employee is permitted to return clothing to its proper observed-collection position. Then the observed collection will take place.

The following refusals to test are also noted in the Guidelines:

- An employee admits to the collector that he or she adulterated or substituted their specimen.
- The employee behaves in a confrontational way that disrupts the collection process.
- The employee fails to follow the observer’s instructions to raise and lower their clothing and to turn around to permit the observer to determine if the employee has a prosthetic or other device that could be used to interfere with the collection process.
- The employee possesses or wears a prosthetic or other device that could be used to interfere with the collection process.
- The employee refuses to wash his or her hands – after being directed to do so.