



## What are You Doing to Protect Your Employees from Heat Exhaustion and Heat Stroke?

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.

### 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.
- 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 operating conditions to prevent breakdowns, other wise you may find yourself and your unit on the side of the road exposed to the extreme heat.

### National Truck Driver Appreciation Week 2008

Mark your calendars - National Truck Driver Appreciation Week is August 24-30, 2008! Start now to prepare your activities to recognize your professional commercial truck drivers who move your products to the customers on a daily basis.

### Motor Carrier E-mail Hoax Alert

As reported in an earlier copy of the Idealease Safety Bulletin, a fake "US Department of Transportation" letter requesting financial information continues to be sent to motor carriers. The letter claims that the recipient is currently registered as a prospective contractor for U.S. DOT procurements, and asks them to submit financial information so a procurement decision can be made. Please be aware that DOT does **NOT** require any financial information to be submitted in order to be eligible for procurement.

If you receive one of these letters, do not provide any financial information. This is a link to all fraudulent DOT letters: [http://www.dot.gov/ost/m60/fraudulent\\_letters.htm](http://www.dot.gov/ost/m60/fraudulent_letters.htm)

Example of a fraudulent letter: [http://www.dot.gov/ost/m60/all\\_pro\\_6\\_4\\_08.pdf](http://www.dot.gov/ost/m60/all_pro_6_4_08.pdf)

If you receive one of these letters, please contact the Department of Transportation Office of the Inspector General Hotline at 1-800-424-9071.

## California, Washington Cell Phone Laws went into effect July 1, 2008

Laws prohibiting hand-held cell phones took effect on Tuesday July, 1 in California and Washington State.

In California, anyone driving while holding a cell phone to their ear will be subject to base fines of \$20 for the first ticket and \$50 for subsequent tickets, plus fees that will more than triple the fine. There is no grace period for violators and there are also restrictions on drivers under 18.

In Washington, violators can face \$124 tickets for driving while holding a phone. Violations are a secondary offense, which means drivers will be cited if police pull them over for another offense.

Both states allow hands-free devices and California allows use of hand-held phones in emergencies.

The Washington ban is a so-called secondary offense law -- law enforcement authorities must first find that a driver is committing another offense like speeding before a citation can be issued for violating the cell phone ban. Washington does permit using a headset or other hands-free approach to talking on a cell phone while driving.

In California, the "hands-free" and "hands-off" regulations stipulate that drivers over 18 must use a hands-free device and drivers under 18 cannot use a cell phone at all in a moving vehicle. The California law was passed two years ago to give drivers time to acquire hands-free devices like speakers, ear buds and headsets.

In states with the ban in effect, exceptions are generally given for incoming calls and for emergency calls.

To review all Cell phone laws in the US go to:  
<http://www.iihs.org/laws/cellphonelaws.aspx>

### Canada:

Nova Scotia as of April 1, 2008 enacted law to prohibit hand held use of cellular telephones.  
Newfoundland has banned the use of cell phones since 2002.

