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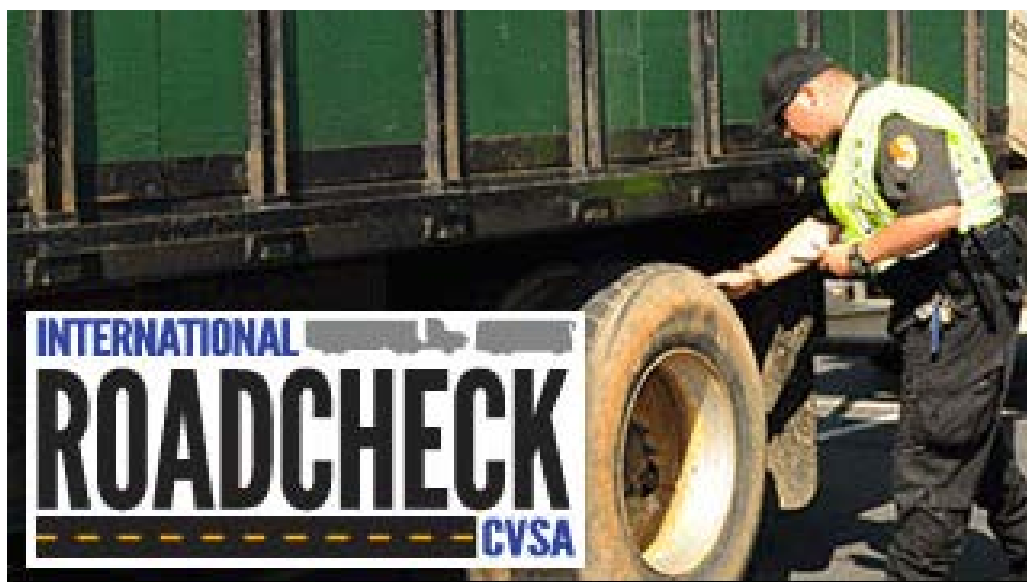
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CVSA Releases 2016 International Roadcheck Results

Commercial motor vehicle inspectors throughout North America conducted driver and vehicle safety inspections on large trucks and buses during the Commercial Vehicle Safety Alliance's (CVSA) 29th annual International Roadcheck, June 7-9, 2016.

International Roadcheck is a three-day event when CVSA-certified inspectors conduct compliance, enforcement and educational initiatives targeted at various elements of motor carrier, vehicle and driver safety. International Roadcheck is the largest targeted enforcement program on commercial motor vehicles in the world, with around 15 trucks or buses inspected, on average, every minute across North America during a 72-hour period.

A total of 62,796 inspections were conducted during this year's International Roadcheck enforcement campaign, of which 42,236 were Level I inspections, the most comprehensive vehicle inspection level. Of Level I inspections, 21.5 percent of



Time to Fall Back....Daylight Savings Time Change in Two Weeks!!

Daylight savings time will "fall back" at 2:00 a.m. on Sunday, November 6th.

Make sure that all of your drivers are aware that the change to daylight savings will occur. Caution route drivers especially that the amount of daylight will change according to their stops with the change.

vehicles and 3.4 percent of drivers were placed out of service due to critical item violations. Of vehicles placed out of service, brake adjustment and brake system violations combined to represent 45.7 percent of out-of-service vehicle violations. The top driver out-of-service violations were for hours of service and false logs, representing 46.8 percent and 16.4 percent, respectively, of all out-of-service driver violations found.

Each year, International Roadcheck places special emphasis on a category of violations. The focus for 2016 International Roadcheck was tire safety. This year, tire/wheel violations accounted for 18.5 percent of the total percentage of out-of-service violations. In the U.S., tire violations represented 13.7 percent of out-of-service vehicle violations. Checking a vehicle's tires is always part of roadside inspections; however, this year, CVSA chose to highlight tire safety as a reminder to drivers and carriers of the importance of proper tire use and maintenance. As part of the inspection process, inspectors measured tire tread depth, checked the tire pressure, checked to ensure no solid objects were lodged between dual tires and examined the overall condition of the tire to make sure no deep cuts or bulges were found on tire sidewalls.

"CVSA's annual 72-hour International Roadcheck initiative highlights the commitment of our inspectors who work hard every day to ensure unsafe vehicles and drivers are removed from our roadways," said CVSA Executive Director Collin Mooney. "It's also an opportunity for our inspectors to inspect, acknowledge and document the safe, fit and compliant commercial motor vehicles traveling our roadways by placing a [CVSA decal](#) on the vehicle; indicating that a particular vehicle has passed CVSA's rigorous inspection standards."

Most inspections conducted during International Roadcheck are Level I inspections. A Level I inspection is a 37-step procedure that involves an examination of both the driver's record of duty status and the safety of the vehicle. Drivers are required to provide items such as their license, endorsements, medical card and hours-of-service documentation, and are checked for seat belt usage and the possible use of alcohol and/or drugs. The vehicle inspection includes checking items such as the brake systems, cargo securement, coupling devices, exhaust systems, frames, fuel systems, lighting devices, steering mechanisms, suspensions, tires, van and open-top trailer bodies, wheel assemblies, windshield wipers, and emergency exits, electrical cables and systems in engine and battery compartments, and loose or temporary seating on buses. Other [inspections](#) conducted included Level II walk-around, Level III driver-only, and Level V vehicle-only inspections.

"International Roadcheck is an annual reminder of the diligence and dedication of law enforcement officials and commercial motor vehicle safety professionals," said FMCSA Administrator T.F. Scott Darling, III. "While their tireless efforts every day greatly increase the level of safety on our roadways, it is critically important that everyone do their part to promote a national culture of roadway safety."

Since its inception in 1988, International Roadcheck inspections have numbered

An intersection or street can present different challenges to drivers with one hour change in the position of the sun. One hour of time difference can present unique changes to a driver who is on a route.

more than 1.5 million. International Roadcheck is sponsored by CVSA, North America's leading commercial motor vehicle safety enforcement organization, with participation by the Federal Motor Carrier Safety Administration, Canadian Council of Motor Transport Administrators and the Secretariat of Communications and Transportation in Mexico.

[Click here](#) for more driver and vehicle inspection statistics and a data chart of out-of-service (OOS) violations from CVSA's 2016 International Roadcheck.



November 6-13 is Drowsy Driving Prevention Week

The National Sleep Foundation has launched Drowsy Driving Prevention week as an educational campaign designed to save lives by increasing awareness of the dangers of driving while sleepy. The National Highway Traffic Safety Administration estimates that drowsy driving causes at least 100,000 police-reported crashes and kills more than 1,550 Americans each year. It is curious that all states have laws in place to enforce drunken driving but few have laws to cite a driver who has fallen asleep causing an accident. Only the state of New Jersey explicitly defines drowsy driving as recklessness under a vehicular homicide statute. Known as "Maggie's Law," New Jersey's drowsy driving law has served to raise awareness of the consequences of fatigue behind the wheel and has spurred significant action in other states. There are now at least 8 states with 12 pending bills that address fatigued driving in various ways.

For more information on Drowsy Driving Prevention Week, visit www.drowsydriving.org.

WARNING SIGNS OF DROWSINESS & FATIGUE:

If you:

- can't remember the last few miles driven

- have wandering or disconnected thoughts
- experience difficulty focusing or keeping your eyes open
- have trouble keeping your head up
- drift from lanes or hit a rumble strip
- yawn repeatedly
- tailgate or miss traffic signs
- find yourself jerking your vehicle back into lane....

Then you may be suffering from drowsiness or fatigue. Continuing to drive in this condition puts you at serious risk of being involved in a fatigue-related crash. You should pull over in a safe place and get some rest before resuming your trip.

WHAT YOU CAN DO TO STAY ALERT WHILE DRIVING:

Sleep / Take naps: Your best bet is to get enough sleep every day. If you must stay up late, afternoon naps are a great way to get more sleep. If you feel drowsy while driving, a 15-minute nap can be very effective. Make sure to pull over in a safe place.

Caffeine: Avoid caffeine during the last half of your workday as it may contribute to sleeping problems. You can gain short-term alertness by drinking coffee or other caffeine sources if driving, but it usually takes 30 minutes to take affect and wears off after a few hours.

Regular stops: You should stop every 100 miles or 2 hours. Switch drivers if you can.

AC MAX – Recirculation: Do not operate the vehicle for extended periods of time with the AC on MAX or Recirculation. Under these conditions the level of CO2 in the vehicle is increased contributing to drowsy driving.

Avoid Alcohol: If you have been drinking, please don't drive! In addition to being illegal, alcohol makes you sleepy and amplifies your fatigue.

If you are planning a long trip, AAA offers the following tips for avoiding fatigue:

- Prepare for your trip by getting a good night's sleep the night before. Plan to drive during the time that you are normally awake, and stay overnight rather than traveling straight through.
- Avoid driving during the body's "down time". According to AAA, this is generally in the mid-afternoon and between midnight and 6:00 a.m.
- If you have passengers, talk to them. It will help to keep you alert, and they will also be able to tell if you are showing signs of getting sleepy.
- Schedule a break every 2 hours or every 100 miles. Take a nap, stretch, take a walk and get some exercise before resuming your trip.
- Stop sooner if you show any danger signs of sleepiness.

"TRICKS" THAT DO NOT WORK

Opening the window, turning on the air conditioning, or playing loud music are not effective in keeping drivers alert for any extended period of time



F M C S A
Federal Motor Carrier Safety Administration

MCSAC & MRB to hold joint meeting on Driver Wellness

The FMCSA's Motor Carrier Safety Advisory Committee and Medical Review Board will hold a joint meeting on Monday, October 24, 2016 to discuss a number of driver wellness issues. [81 Fed. Reg. 71169](#) (October 14, 2016).

Together, the MCSAC and MRB will receive an update on the Driver Health and Wellness Initiative, a non-regulatory public-private partnership of stakeholders to improve drivers' health, and a preview of its web page. The MRB will report on its revised recommendations on obstructive sleep apnea based on its evaluation of the comments from the joint Advance Notice of Proposed Rulemaking that the FMCSA issued with the Federal Railroad Administration. Additionally, the MCSAC will discuss how the implementation of these recommendations may impact current and future populations of drivers.

On October 25, the MCSAC will meet separately to complete its review of the agency's regulatory guidance and the MRB will meet to discuss how to incorporate recently issued warnings from the Food and Drug Administration on narcotics and benzodiazepines. The meetings will be held in Washington, D.C. and are open to the public.

FMCSA TO HOLD Q&A SESSIONS ON SMS CHANGES

The Federal Motor Carrier Safety Administration will hold two more Question and Answer sessions this week on proposed changes to the public display of motor carrier information on the agency's Safety Measurement System website. [81 Fed.](#)

[Reg. 69185](#) (October 5, 2016).

The sessions will be held:

- Tuesday, October 18, 2016, 3:00–4:30 p.m. ET
- Thursday, October 20, 2016, 11:00 a.m.–12:30 p.m. ET

The FMCSA encourages all stakeholders to participate in these Q&A sessions and submit questions ahead of time via the [CSA Feedback form](#). Interested parties should register for one of these sessions through FMCSA's [National Training Center](#).

A preview is now available on the Compliance Safety Accountability website at: Motor carriers will be able to log in through the CSA website or the portal to see how the proposed enhancements may impact their SMS results. The public will also be able to view the enhancements using example carriers.

So... How does a driver log Daylight Savings time change?

There are no "official" guidelines for logging when the time changes. What most drivers do is simply drop a line down to the remarks section of the log to indicate the time change. So at 02:00 AM, Sunday morning, drop a line down and write something like, "Daylight saving." It should not affect drivers' hours because they still must comply with the 11-, 14- (or 10-, 15-), and 60/70-hour rules. These rules are not dependent on what the clock reads; rather they depend on how much time the person actually worked/drove.

When you "gain" an hour in the fall, your log for that day should include 25 hours of activity, because you repeat the hour from 1:00 a.m. - 2:00 a.m. The log needs to show what you did for that hour, so enter a note indicating your activity and any changes in duty status. That hour must be included when calculating compliance.

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