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## SAFETY BULLETIN



December 4, 2015

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### 2015 FMCSA Large Truck & Bus Statistics Pocket Book

Please find the following link to the 2015 FMCSA Large Truck & Bus Statistics Pocket Guide published earlier this year. The document is full of valuable facts and information.

[Click here to view the guide.](#)

Look out for the  
2016 Safety Seminar Schedule!

## Be on the Look Out for a "Digital Deadwalker"

In the November 13, 2015 Idealease Safety Bulletin we discussed the exposure of trucks and pedestrians. Recently, a business colleague of mine was involved in a situation where he was on his phone walking and walked right into a concrete column chipping his tooth because he was so involved in a phone call that his attention was diverted from noticing his surroundings. I told him you are a "**Digital Deadwalker**".

On Wednesday [A new study on distracted walking](#) by [American Academy of Orthopaedic Surgeons \(AAOS\)](#) was released and finds that more than three quarters (78 percent) of U.S. adults believe that distracted walking is a "serious" issue; however, 74 percent of Americans say "other people" are usually or always walking while distracted, while only 29 percent say the same about themselves.

This sense of "it's not me, it's you" cuts across a range of distracted walking behaviors:

- 90 percent say they see walkers talking on the phone (and 37 percent admit doing so themselves)
- 88 percent are engaging in conversation (vs. 75 percent themselves)
- 88 percent are listening to music (vs. 34 percent themselves)
- 85 percent are using a smartphone (vs. 28 percent themselves)
- 64 percent are generally “zoning out,” or not focused on walking (vs. 38 percent themselves)

### ***Can we talk and walk at the same time?***

One of the challenges in combating distracted walking may be that Americans are overly confident in their ability to multitask. When asked why they walk distracted, 48 percent of respondents say “they just don’t think about it,” 28 percent feel “they can walk and do other things,” and 22 percent “are busy and want to use their time productively.”

Among distracted walking behaviors, 75 percent of respondents say they themselves “usually/always” or “sometimes” have “active conversations” with another person they are walking with, making this the most common distracted walking behavior people admit to doing themselves.

### ***Walk safely, especially during this busy holiday season***

Earlier this year, AAOS launched the [“Digital Deadwalkers”](#) public service announcement (PSA) campaign, featuring radio and television segments, airing through the end of 2016 throughout the U.S., that humorously but effectively highlight the dangers of distracted walking, while urging pedestrians to “engage!”

The AAOS also offers the following tips to help pedestrians stay injury free, when walking indoors and outdoors, especially during this busy holiday season:

- If you must use headphones or other electronic devices, maintain a volume where you can still hear the sounds of traffic and your surroundings.
- While you walk, focus on the people, as well as the objects and obstacles in front of and around you.
- Don't jaywalk. Cross streets carefully, preferably at a traffic light, remaining cognizant of the pedestrian traffic flow and the cars and bikes in and near the road.
- Look up, not down, especially when stepping off or onto curbs or in the middle of major intersections; and/or when walking or approaching on stairs or escalators.
- Traffic can be especially busy during the holidays—stay alert in mall and other parking lots, and on and near streets, especially during the winter months when it gets dark earlier.
- If you need to talk to a child or the person next to you, make a phone call, text or other action that could distract you from the goal of getting where you need

to go safely, stop and do so away from the pedestrian traffic flow.

"The American Academy of Orthopaedic Surgeons urges pedestrians to avoid musculoskeletal and other injuries by engaging with their surroundings—drivers, bikers, other walkers and obstacles," said Dr. Hilibrand. "Many of us simply need to force ourselves to set down our devices and focus on what's in front of and around us. This will ensure that we safely arrive at our destination, during this busy holiday season and throughout the year."

More information on distracted walking can be found at:

[OrthoInfo.org/DistractedPedestrians](http://OrthoInfo.org/DistractedPedestrians).



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## State of California Biennial Inspection of Terminals (BIT) Program Changes Effective January 1, 2016

As we have discussed in our California Idealease Safety Meetings the state of California will be making changes to the BIT program effective 1-1-16. If you have units domiciled out of California you need to be aware of the changes that will take place including a new fee structure. The program will be changing from a time-based inspection system to a performance based inspection system utilizing the FMCSA CSA SMS system BASIC percentiles. CA Intrastate carriers have all now been assigned an Intrastate US DOT number. **One additional change that will have an impact to most intrastate carriers is that effective 1-1-16 all commercial motor vehicles greater than 10,000lbs GVWR will now be included in the BIT program.**

Click on the link below to access the CHP ppt on the BIT program changes:

<http://www2.idealease.com/e/36492/ite-Documents-BIT-2015CVSS-pdf/3f12qz/417175585>

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## FMCSA RULEMAKINGS NEARING COMPLETION

The Federal Motor Carrier Safety Administration's rulemakings in a number of other areas are also nearing completion.

- A final rule to mandate electronic logging devices is expected to clear OMB review later this month.
- A final rule to establish an online clearinghouse for CDL driver drug and alcohol test results is expected to go to the Office of the Secretary of Transportation later this month.

A proposed rule on motor carrier safety fitness determinations is supposed to clear the OMB this month, but any rulemaking will likely be subject to provisions contained in the highway bill currently in conference between the House and Senate.

- A proposed rule on heavy vehicle speed limiting devices is expected to be approved by the OMB later this month.
- Finally, a proposed rule on minimum standards for entry-level driver training was sent to the OMB on November 5, 2015, and is expected to be published in the Federal Register sometime in early 2016.

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## Maintaining Your Health This Winter

Winter has officially begun, and with the falling temperatures comes an increased risk of catching a cold. While colds are generally a non-fatal annoyance, they can nevertheless disrupt your productivity and spoil your schedule due to the fact that they typically last for up to seven days. In order to keep your immune system healthy and capable of fending off colds this winter, follow these five pieces of advice:



1. **Exercise regularly:** Being physically active for just 20 minutes, five days a week can provide a boost to your immune system—effectively cutting your risk of catching a cold in half. Additionally, if you do catch a cold, your symptoms are likely to be less severe and will clear up sooner.
2. **Practice good hygiene:** Wash your hands with soap and hot water for at least 10 seconds. Even after washing, avoid touching your eyes, nose and mouth to prevent any cold viruses from entering your body.
3. **Get plenty of sleep:** By getting at least seven hours of sleep each night, you have less than a 1 in 5 chance of catching a cold.
4. **Eat well:** Add plenty of fresh fruits and vegetables as well as whole grains to your diet. These types of foods will provide your immune system with a beneficial variety of vitamins, minerals and other nutrients. Additionally, drink between six and eight glasses of water each day to stay properly hydrated.
5. **Be proactive:** If you start to feel ill, take a zinc supplement, as the mineral binds itself to the cold virus. This makes it difficult for the virus to replicate and helps to expedite the recovery process. Additionally, you can use a nasal

decongestant spray to reduce inflammation of your sinuses and slow down the production of mucus.

If, despite following these pieces of advice, you still fall ill this winter, be sure to stay home, rest and drink plenty of fluids. However, if your cold lingers for more than two weeks or your symptoms suddenly get worse, visit your doctor right away.

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