

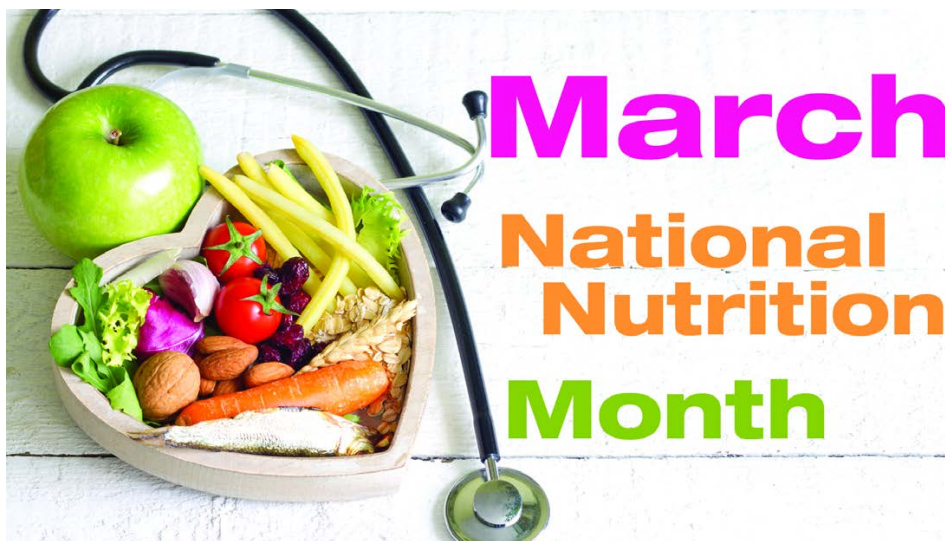
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SAFETY BULLETIN



March 3, 2017

Brought to you by Idealsafe
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www.idealease.com

March is National Nutrition Month

The theme of this year's National Nutrition Month is "Put Your Best Fork Forward". The campaign, sponsored by the American Dietetic Association, reminds us:

- Eating right doesn't have to be complicated. Use www.mypyramid.gov to develop a personalized plan for lifelong health.
- The best nutrition advice is based on science. Before adopting any changes to your diet, be sure the information is based on scientific fact.

Top Facts for Nutrition:

- Balancing physical activity and a healthful diet is your best recipe for managing weight and promoting overall health and fitness.
- Think nutrient-rich rather than "good" or "bad" foods. The majority of your food choices should be packed with vitamins, minerals, fiber and other nutrients -- and lower in calories.
- Look at the big picture: No single food or meal makes or breaks a healthful diet. Your total diet is the most important focus for healthful eating.
- Prepare, handle and store food properly to keep you and your family safe from food-borne illness.
- Don't fall prey to food myths and misinformation that may harm rather than



Idealease and the National Private Truck Council NPTC will again be hosting safety seminars in 2017. The one day seminar this year will focus on the new Electronic Logging Device (ELD) regulation, basic safety and compliance, regulation changes and CSA. The seminars and will be provided to all Idealease customers, potential customers and NPTC members at no charge. The seminar provides important information applicable for both the novice and experienced transportation professionals. To register for an upcoming seminar in 2017 click on the following link:

benefit your health.

- Read Nutrition Facts labels to get information that can help you make smart food choices quickly and easily. Pay attention to how many servings a package says it includes.
- Find the healthful fats when making food choices. By choosing polyunsaturated or monounsaturated fats, you can keep your saturated fats, trans fats and cholesterol low.

To get more facts on nutrition or to locate a registered dietitian for personalized nutrition counseling, visit the ADA at eatright.org.



Improving Driver Health

Driving a truck can make healthy living a difficult challenge but not impossible. A lack of physical activity and fast food dining can add up to a health risk at any age.

Make Healthy Fast Food Choices

Stick to these simple ground rules:

- Eat a variety of foods in moderate amounts.
- Use less salt on your food. Carry seasonings (like Mrs. Dash) in your cab so you can add extra flavor without the extra salt.
- Avoid foods labeled jumbo, giant, and super-sized. Larger portions mean more calories. Order a regular or junior portion instead.
- Choose grilled or broiled sandwiches with meats like lean roast beef, turkey or chicken breast.
- Request that special sauces or added dressings be left off your order, and add lots of veggies to the mix.
- Skip the croissant or biscuit in favor of a bun, bread or English muffin.
- Fill up at the salad bar if available, but beware of thick, creamy dressings.
- When eating Mexican food, order bean burritos, soft tacos, fajitas and other items that are not fried. Chicken is better than beef, especially with the addition of lettuce, tomatoes and salsa. Limit refried beans, and go easy on cheese, sour cream, and guacamole. Watch out for fried tortilla shells! A taco salad can have more than 1,000 calories.
- Pizza can be a good choice. Order thin crust pizza with veggie toppings, start

<http://www2.idealease.com/e/36492/safety-seminar-registration/59nw7z/557087535>

Idealease 2017 Safety Seminar Schedule

Date	Location
March 22	Dallas, TX - CLOSED
March 28	Harrisburg, PA
March 29	Mobile, AL
March 29	Baltimore, MD
April 4	Milwaukee, WI
April 5	Lexington, KY
April 6	Altoona, IA
April 12	Memphis, TN
April 12	Lodi, CA
April 13	Birmingham, AL
April 18	Chattanooga, TN
April 19	Atlanta, GA
April 20	Tampa, FL
April 25	Youngstown, OH
April 26	Weirton, WV
May 3	Grand Rapids, MI
May 4	Fort Wayne, IN
May 4	Aurora, CO
May 9	Ontario, Canada
May 10	Greensboro, NC
May 17	San Leandro, CA
May 18	Los Angeles, CA
September 12	Santa Rosa, CA
October 3	Charlottesville, VA
October 4	Erie, PA

with a salad, and limit yourself to one or two slices of pizza.

Avoid these traps: fat-free muffins with plenty of sugar, skinless fried chicken contains a lot of fat, Chinese food that is deep fried or high in sodium and fat.

NSC Estimates 2016 motor vehicle deaths HIGHEST since 2007

The [National Safety Council](#) estimates that upwards of 40,000 people died in motor vehicle crashes on U.S. highways in 2016, which would be the highest level since 2007. The NSC also estimated that the number of crash fatalities rose 6 percent over 2015, and 14 percent from 2014. That would mark the most dramatic two-year escalation since 1964, according to the safety group.

In addition, the NSC estimates said that 4.6 million roadway users were injured seriously enough to require medical attention in 2016, with a cost to society of \$432 billion.

The NSC released the data along with a survey that it said "provides a glimpse at the risky things drivers are doing. Although 83 percent of drivers surveyed believe driving is a safety concern, a startling number say they are comfortable speeding (64 percent), texting manually or through voice controls (47 percent), driving while impaired by marijuana (13 percent), or driving after they feel they've had too much alcohol (10 percent)."

The NSC called for immediate adoption of a number of steps to reduce highway fatalities:

- Mandate ignition interlocks for convicted drunk drivers, plus better education about the nature of impairment and when it begins.
- Install and use automated enforcement techniques to catch speeders.
- Extend laws banning all cell phone use – including hands-free – to all drivers, not just teens; upgrade enforcement from secondary to primary in states with existing bans.
- Upgrade seat belt laws from secondary to primary enforcement and extend restraint laws to every passenger in every seating position in all kinds of vehicles.
- Adopt a three-tiered licensing system for all new drivers under 21, not just those under 18.
- Standardize and accelerate fleet automotive safety technologies with life-saving potential, including blind-spot monitoring, automatic emergency braking, lane departure warning and adaptive headlights.
- Pass or reinstate motorcycle helmet laws.
- Adopt comprehensive programs for pedestrian safety.

Tire Safety is an important part of the drivers daily Pre and Post Inspection

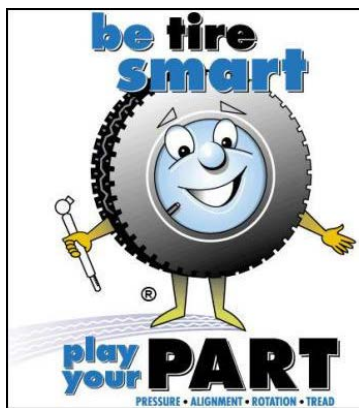
Accidents are often caused by tires, which are improperly inflated. With fuel and tires, two of the largest expenses in operating a truck it is important to make sure that the tires are properly inflated. The service life of a tire is



Daylight Savings Time Begins Sunday, March 12th!

Start now to make sure that all of your drivers are aware of the change to daylight savings time in two weeks. Caution route drivers especially that the amount of daylight will change according to their stops with the change.

- Also, remember to change the batteries in smoke alarms and carbon monoxide detectors as well.
- Most sleep experts recommend a minimum of 7 hours of sleep a night. Many people sleep an average of 40 minutes less Sunday night, March 12 after Daylight Saving Time returns. Plan ahead to avoid being sleepy. Sleep in Sunday morning and nap Sunday afternoon.



shortened by improper inflation. Under inflated tires can significantly take a bite out of the unit's fuel mileage. The only true and accurate way to determine the air pressure in a tire is to gauge the tire with a tire pressure gauge. At your next drivers safety meeting inflate 3 tires on rims with pressures varying by 10lbs each, with one tire at the correct pressure, one 10lbs under and one 20lbs under. See if they are able to tell which tire has the correct pressure. A unique workers compensation case I reviewed was for a driver who was checking his tires by thumping them with a hammer and the hammer bounced back breaking the drivers jaw! When inspecting tires also pay close attention to the wear patterns and tread depth. The FMCSA regulations CFR 393.75 require that steer axle tires have a minimum tread depth of 4/32" and all other applications including trailers to have a minimum tread depth of 2/32". Pay attention to your tires and they will provide many miles of service.

FMCSA extends comment period for hair analysis exemption application

The public comment period for an exemption to allow hair testing in lieu of urine analysis for DOT pre-employment drug screens has been reopened.

Previously, Federal Motor Carrier Safety Administration (FMCSA) published a notice announcing that an exemption application was submitted by a number of major carriers. Public comments were to be taken through February 21, 2017.

Two labor organizations requested a 60-day extension of the comment period. As a result, FMCSA reopened the comment period on February 24, 2017, and announced it will continue to take comments on the exemption application through April 25, 2017.

How to submit comments

You may submit comments identified by Federal Docket Management System Number FMCSA-2017-0002 by any of the following methods:

- Federal eRulemaking Portal: regulations.gov.
- Mail: Docket Management Facility, U.S. Department of Transportation, 1200 New Jersey Avenue SE., West Building, Ground Floor, Room W12-140, Washington, DC 20590-0001.
- Hand Delivery or Courier: West Building, Ground Floor, Room W12-140, 1200 New Jersey Avenue SE., between 9 a.m. and 5 p.m. E.T., Monday through Friday, except federal holidays.
- Fax: (202) 493-2251.

Each submission must include the Agency name and the docket number for this

notice. Note that DOT posts all comments received, without change, to regulations.gov, including any personal information included in a comment.

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Our mailing address is:
430 North Rand Road
North Barrington, IL 60010