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## SAFETY BULLETIN



March 4, 2016

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### Prescription Drugs and Commercial Motor Vehicle Operation Do Not Always Mix

Over the recent years we have seen numerous high profile deaths occur using prescription drugs. For example we have seen an actor who died of an overdose of prescription drugs and a doctor on trial for the death of a famous musician who died as a result of an overdose of a prescribed medication.

As managers of commercial drivers we need to be aware of the medications that our drivers are taking as they may have a direct effect on their driving skills and operation of a CMV. Prescription medications have increased substantially in the last 50 years.

In 1950, on average each person had two prescriptions dispensed per year. In 1994, 7.9 was the average and in 2009 it increased to 12.6. It is also alarming to see that Hydrocodone, an opiate-based painkiller, was the largest single prescription dispensed in 2004 at 92.7 million prescriptions.

Incidentally, this is one of the five drug groups that are tested for in the FMCSA Controlled substance-testing program.

#### So what can you do to guard against prescription drug use in your vehicles?

1. Communicate with the drivers and be aware of their physical condition. If you know that a driver has been injured on or off of work, talk to the driver to see if medications have been prescribed.



#### Register Now for the 2016 Idealease / NPTC Safety Seminar

Idealease and the National Private Truck Council NPTC will again be hosting safety seminars in 2016. The one day seminar this year will focus on the new Electronic Logging Device (ELD) regulation, basic safety and compliance, regulation changes and CSA. In addition, this year attendees will receive the mandatory two hour Drug and Alcohol supervisor training as part of the seminar. The seminars 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.

[Click Here](#) to register

In work related injuries, make sure the examining physician is aware that the employee operates a CMV as part of their entire job. Go to the examining physician's office with your employee.

Contact your Medical Review Officer for your drug and alcohol-testing program for assistance in reviewing the prescription medication.

**Develop a relationship with your medical care providers so they have an understanding of your employee's job requirements.**

Here is a partial list of legal drugs that can - in the right amount - impair your ability to drive.

- Anti-anxiety medication
- Amphetamines
- Barbiturates
- Stimulants
- Narcotic pain medications
- Allergy medicines
- Blood sugar medicines
- Antidepressants
- Tranquilizers
- Blood pressure medicines
- Motion sickness medication
- Ulcer medication
- Antibiotics
- Anti-seizure medicines
- Paregoric
- Anti-nausea medicine
- Sedatives
- Cough syrups
- Alcohol-containing medicines
- Caffeine-containing medicines
- Decongestants

To avoid harming yourself or others, partner with your physician and pharmacist to learn information regarding your medication's side effects, and what drugs are usually safe to combine-especially behind the wheel. Never take more than the prescribed dose, or take anyone else's medicine. Ask for non-sedating forms of your prescriptions if you are a professional driver. Allow your body time to adjust to new medications before you drive. Most importantly, each of us is responsible for knowing the signs and symptoms of being drug impaired before we get behind the wheel of any vehicle.

For more information including side effects of any drug go to [www.drugs.com](http://www.drugs.com)

**Please see the following FAQs from the Federal Motor Carrier Safety Administration (FMCSA):**

**What medications disqualify a CMV driver?**

<http://www2.idealease.com/e/36492/ications-disqualify-cmv-driver/46l9mb/466491553>

**Can a CMV driver be disqualified for using a legally prescribed drug?**

<http://www2.idealease.com/e/36492/-using-legally-prescribed-drug/46l9md/466491553>

**You can access 21 CFR 1308.11 (Controlled Substance Schedule I) at:**

<http://www2.idealease.com/e/36492/-node-se21-9-1308-111-rgn-div8/46l9mg/466491553>

**2016 Idealease Safety Seminar Schedule:**

|              |                    |
|--------------|--------------------|
| March 17     | Memphis, TN        |
| March 23     | Santa Rosa, CA     |
| March 29     | Shreveport, LA     |
| March 30     | Dallas, TX         |
| March 30     | Atlanta, GA        |
| April 12     | Wausau, WI         |
| April 14     | Madison, WI        |
| April 14     | Lodi, CA           |
| April 19     | Fort Myers, FL     |
| April 20     | Tampa, FL          |
| April 21     | Orlando, FL        |
| April 26     | Baltimore, MD      |
| April 27     | Harrisburg, PA     |
| April 28     | New Windsor, NY    |
| May 3        | Kansas City, MO    |
| May 3        | Lexington, KY      |
| May 5        | Salt Lake City, UT |
| May 5        | Aurora, CO         |
| May 10       | Everette, WA       |
| May 12       | Moncton, NB        |
| June 7       | Springfield, IL    |
| June 23      | San Leandro, CA    |
| September 20 | Lafayette, IN      |
| September 22 | Santa Barbara, CA  |
| October 4    | Green Bay, WI      |
| October 4    | Erie, PA           |
| October 5    | Butler, PA         |

For further assistance, please contact the FMCSA's Physical Qualifications Division at: [fmcsamedical@fmcsa.dot.gov](mailto:fmcsamedical@fmcsa.dot.gov) or (202) 366-4001.

## Daylight Savings Time Begins Sunday March 13!!!

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.

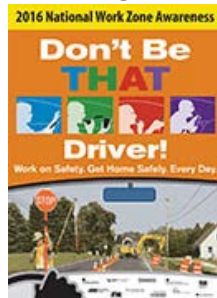
Most sleep experts recommend a minimum of 7 hours of sleep a night. Many people sleep an average of 40 minutes less Sunday night, March 13 after Daylight Saving Time returns. Plan ahead to avoid being sleepy. Sleep in Sunday morning and nap Sunday afternoon.

## 2016 National Work Zone Awareness Week, April 11-15

National Work Zone Awareness Week (NWZAW) is an annual spring campaign held at the start of construction season to encourage safe driving through highway work zones and construction sites. The key message is for drivers to use extra caution in work zones. For more information, check out the link below.

For more information click the link below:

[American Traffic Safety Services Association \(ATSSA\)](#)



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