

The IDEALEASE logo is displayed in a large, bold, blue, italicized sans-serif font. It is positioned on a green grassy embankment next to a road that curves to the right. In the background, a white IDEALEASE semi-truck is driving on the road, and a multi-level highway interchange is visible under a blue sky with light clouds.

SAFETY BULLETIN

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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.



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FMCSA Medical Exam Reporting and Recording Requirements to Change

Changes to the procedures medical examiners must follow to report physical exam results as well as revisions to the medical examination report form and certificate are expected to be included in a final rule, published in the April 23 Federal Register.

The final rule sets a June 22, 2018, date for electronic transmission of medical exam results from the medical examiner to the Federal Motor Carrier Safety Administration (FMCSA). As of that date, medical

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.

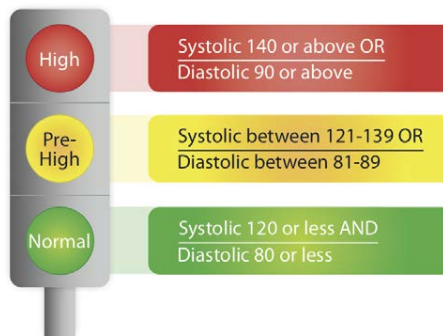
- Pizza can be a good choice. Order thin crust pizza with veggie toppings, start with a salad, and limit yourself to one or two slices of pizza.
- Avoid these traps: fat-free muffins with plenty of sugar, skinless fried chicken contains a lot of fat, Chinese food that is deep fried or high in sodium and fat.

Controlling High Blood Pressure

High blood pressure increases your risk of having a heart attack, stroke, or kidney disease, as well as preventing you from passing your Department of Transportation (DOT) physical. The DOT requirement for blood pressure is 140/90 mm/hg.

To keep your blood pressure under control, try the following tips:

- Talk with your healthcare professional.
- Take any medications as prescribed. If you do not understand how to take the medication, ask questions.
- Maintain a healthy weight.
- Eat in heart healthy ways: plenty of fruits and vegetables, low fat dairy products. Moderate your total fat intake.
- Limit sodium to no more than 2400 mg, or about one teaspoon of salt per day.
- Drink alcohol in moderation, if at all. For men, moderate use is two drinks daily, for women, one drink.
- Strive to be active a minimum of 30 minutes every day, with brisk walking or cycling. Two 15 minute periods is fine if you do not have a 30-minute block of time.
- Quit smoking. Smoking increases your risk of stroke, heart disease, peripheral artery disease, and several forms of cancer.
- Avoid caffeine, a stimulant which can raise your blood pressure. Coffee, tea and soda all have large amounts of caffeine.



Exercising on the Road

- Check with your doctor before you start an exercise program if you have not been active, or are at risk for heart disease or other chronic health problems.
- Choose activities you enjoy. If you cannot find a place outdoors to walk, stash a few weights in your truck and work out in the cab.
- Carry a jump rope with you. It takes up little space and can be done almost everywhere.
- Make your workout a habit you do daily, or every other day.
- Play music to keep you entertained as you work out.
- Surround yourself with supportive people who will encourage you

examiners are required to report the results of all driver physicals (including results where a driver is found to not be qualified) to the FMCSA by midnight (local time) of the next calendar day following the examination. This reporting requirement encompasses all commercial motor vehicle drivers required to be medically certified to operate in interstate commerce (both CDL and non-CDL drivers).

For CDL holders, FMCSA will then electronically forward this information to the appropriate state driver licensing agency to be posted to the CDLIS driver record.

Medical examiners are expected to continue following the current procedure of providing a copy of the medical examiner certificate to both the driver and motor carrier, and CDL holders are expected to continue to provide a copy of the medical examiner certificate to their state licensing agency, until June 22, 2018.

The final rule also includes new versions of the medical examiner's report and medical examiner's certificate. Medical examiners will be given six months from the final rule's effective date to begin using the new documents.

Now is the Time for all

- and keep you motivated.
- Don't overdo it. Many people give up exercise after a few days because they have overworked, sore muscles.
- Reward yourself for your progress, whether it is weight loss or keeping up your new habit.

Know Heart Attack and Stroke Warning Signs

Coronary heart disease is America's #1 killer, and stroke is #3. Be prepared to help if these symptoms should occur in yourself or someone else. Most important: Quickly dial 911. Every second counts in an emergency, so do not wait more than five minutes to call for help. Many people can benefit from medications and treatments unavailable in the past. For example, clot busting drugs can stop some heart attacks or strokes in progress, if given quickly.

Heart Attack Warning Signs:

- Chest discomfort. Most heart attacks start with discomfort in the center of the chest that lasts more than a few minutes, or goes away and comes back. You may feel uncomfortable pressure, squeezing, fullness or pain.
- Upper body discomfort. Pain or discomfort in one or both arms, back, neck, jaw or stomach should all be alerts. Women should note that they may have different symptoms than men, such as less chest pain and more of other symptoms.
- Shortness of breath, which may occur with or without chest discomfort.
- Dizziness.
- Cold sweat.
- Nausea.

Stroke Warning Signs:

- Sudden numbness or weakness of the face, arm, or leg, especially on one side of the body.
- Sudden confusion, trouble speaking or understanding.
- Sudden trouble seeing in one or both eyes.
- Sudden trouble walking, dizziness, loss of balance or coordination.
- Sudden, severe headache with no known cause.

Do you have your US DOT Personal Identification Number (PIN)?

To view your CSA SMS information in its entirety you will need your US DOT number and US DOT PIN numbers to access the information as it becomes available to the industry. With the DOT number and DOT PIN number you will be able to "log on" and see your drivers names associated with the various inspections, violations and crashes as well as the scoring for "Hazardous Material" and "Crash" basics. The public will not have access to your driver's names or the "Hazardous Material" or "Crash" indicator basic scoring.

The US DOT PIN number was originally provided to the motor carrier

Drivers to Tune Up their Pre- and Post-Trip Inspection Skills. Roadcheck 2015 will take place on June 2-4, 2015

Starting June 2, approximately 10,000 specially-trained and certified officers will blanket North America's roadways to prevent truck and bus crashes and save lives. For the past 28 years, the Commercial Vehicle Safety Alliance's (CVSA) annual Roadcheck event dispatches federal, state, provincial and local inspectors to conduct North American Standard Inspections around the clock for 72 hours from June 2-4. These inspections involve a comprehensive 37-step procedure which includes items related to vehicle, driver and cargo safety. Inspectors also hand out educational materials to drivers on various aspects of commercial vehicle, driver and hazardous materials safety.

[International Roadcheck Checklist for Drivers](#)

Register Now for the 2015 Idealease/NPTC Safety Seminars!

when authority is granted. For many carriers this was years and employees ago and the PIN number has been lost.

The following are three ways that a motor carrier can obtain their pin number:

1. [Click on this link to receive PIN by email](#)
2. [Click on this link to receive PIN by US Mail](#) (If you are requesting your US DOT PIN number be sent by US mail allow 1 to 2 weeks to receive your PIN.)
3. Or call 1-800-832-5660 #3 then 0 and Request your PIN number in person.

May is Motorcycle Safety Awareness Month



Motorist awareness is an important component of the National Highway Traffic Safety Administration's comprehensive motorcycle safety program. Over two-thirds of fatal motorcycle crashes involve a motorcycle and another vehicle. The motorist either does not see the oncoming motorcycle at all or does not see the motorcycle in time to avoid a crash. It is important for motorists to know that their actions affect the safety of motorcyclists. A motorist and a motorcyclist may take different actions for the same driving or highway situation. For example, a motorist may ignore a piece of road debris; however, that same piece of road debris may be deadly for a motorcyclist. As a



Idealease, its members and the National Private Truck Council NPTC will again be hosting safety seminars in 2015. The one day seminars this year will focus on 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 2015 [CLICK HERE](#).

2015 Idealease Safety Seminar Schedule:

April 28	Oklahoma City, OK
April 30	Milwaukee, WI
May 5	Kelowna, BC
May 6	Lexington, KY
May 7	Denver, CO
May 12	Tampa, FL
May 12	Detroit, MI
May 14	Minneapolis, MN
May 20	Altoona, IA
June 25	Santa Rosa, CA
October 13	Toledo, OH
October 14	Grand Rapids, MI
October 20	Las Vegas, NV
October 22	San Martin, CA

motorist or a passenger, there are some steps to become more aware of motorcyclists.

Respect the motorcyclist.

Remember the motorcycle is a vehicle with all of the privileges of any vehicle on the roadway. Give the motorcyclist a full lane of travel.

Look out.

Look for the motorcyclist on the highway, at intersections, when a motorcyclist may be making a left turn, and when a motorcyclist may be changing lanes. Clearly signal your intentions.

Anticipate a motorcyclist's maneuver.

Obstructions (debris, potholes, etc.) that you may ignore or not notice can be deadly for a motorcyclist. Predict evasive actions.

Allow plenty of space.

Don't follow a motorcycle too closely. Allow enough room for the motorcyclist to take evasive actions.

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