

In This Issue:
 Registration Is Now Open Online For the 2019 Idealease/NPTC Safety Seminars!
 Protecting Your Driver
 Delaying CDL Skills Testing Impacts U.S. Economy by \$1.5 Billion
 Protecting the Truck
 Register Your Employees for the Safety Bulletin or View Archives of Past Bulletins
 How to Properly Mark a Commercial Motor Vehicle
 Safely Getting In or Out of a Commercial Motor Vehicle
 Driving Safety Through Business Intelligence in 2019

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Protecting Your Driver and Truck During Extreme Cold Conditions

Protecting Your Driver

Cold weather precautions to prevent hypothermia and frostbite:

Hypothermia occurs when the body's temperature falls below normal. Early and mild symptoms include: shivering, slurred speech, mental slowness or lethargy, muscular stiffness and clumsiness. Symptoms of severe hypothermia include mental confusion, disorientation, stupor or coma, absence of shivering, stiff or rigid muscles, shallow and very slow breathing, weak pulse and a fall in blood pressure. If symptoms are detected, especially in the elderly, seek immediate medical help.

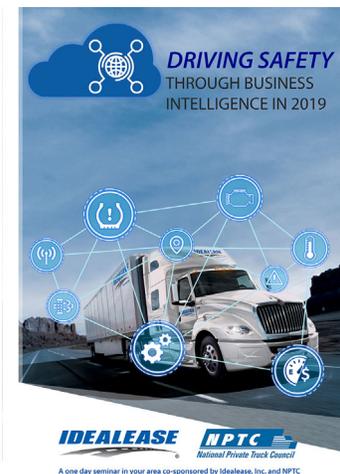
To prevent Hypothermia, take the following precautions:

- Wear several layers of warm, loose-fitting clothes. Items that wick moisture away from the skin are best.
- Use gloves and knit caps to keep heat in.
- Change clothing if it becomes wet.
- Have an emergency kit containing a change of clothes, hand and foot disposable warmers, blanket and snacks in case of being stranded.



January 18, 2019

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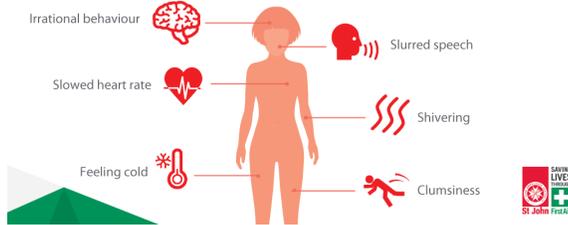


[Click here to register for a Safety Seminar in your area!](#)

Idealease and the National Private Truck Council NPTC will be hosting safety seminars again in 2019. The one-day seminar this year will focus on new safety technologies available on trucks today, basic [safety and compliance](#), regulation changes and CSA. The seminars will be provided to all Idealease customers, potential customers and NPTC members at no additional charge. The seminars provide important information applicable to both the novice and experienced transportation professionals.

- Eat hot, nutritious meals and drink water, this is important in the winter also.
- Avoid the use of alcoholic beverages.
- Make sure the driver has a way to communicate to you in the event of a breakdown of the unit in rural areas of

HYPOTHERMIA WARNING SIGNS



operation.

Many prescription drugs may make you more sensitive to the cold, so check with your physician or pharmacist to find out if your medication falls in this category.

Frostbite, especially when the wind chill factor is very low, can be a problem. Symptoms of frostbite include: changes in skin appearance such as swelling, reddish, bluish or whitish coloring, numbness, stiffness or rigidity. If untreated, frostbite can lead to loss of frozen fingers, toes or other affected skin areas. To prevent frostbite, protect skin from direct exposure to cold air and from exposure to intense cold temperatures.



Protecting the Truck

1. Diesel supplement should be added to the ultra-low sulfur diesel fuel when temperatures drop below 32 degrees.
2. If you truck is equipped with an engine block heater it should be plugged in when the temperature is below 32 degrees. Trucks that are not utilized should be started and let run every day to bring the unit up to normal operating temperature.

Spring Seminars

3/27/2019	Orlando, FL
3/28/2019	Tampa, FL
4/2/2019	Memphis, TN
4/3/2019	Atlanta, GA
4/3/2019	Mannheim, PA
4/4/2019	Charlotte, NC
4/4/2019	Weirton, WV
4/16/2019	San Leandro, CA
4/18/2019	Ventura, CA
4/23/2019	Portland, OR
4/25/2019	Kelowna, BC
5/1/2019	Plymouth, IN
5/1/2019	Grand Rapids, MI
5/7/2019	Upper Marlboro, MD
5/9/2019	Aurora, CO
5/21/2019	Baltimore, MD
5/23/2019	Milwaukee, WI

Fall Seminars

TBD	Chicago, IL
TBD	Lexington, KY
TBD	Springfield, IL
TBD	Reno, NV
TBD	San Leandro, CA
TBD	Eugene, OR
TBD	Green Bay, WI
TBD	Erie, PA



Delaying CDL Skills Testing Impacts U.S. Economy by \$1.5 Billion

Delays in skills testing for new commercial motor vehicle (CMV) drivers negatively impacts the U.S. economy by \$1.5 billion annually, according to new research from the Commercial Vehicle Training Association (CVTA).

The study, "Economic Impact of Wait Times for Commercial Driver's Licenses Skills Test," measures the economic impact of delayed skill testing. In many states, commercial learner's permit (CLP) holders must pass a skills test to secure their commercial driver's license (CDL) before starting work.

3. Initial start up procedure should be as follows: Complete pre-trip of unit, unplug block heater, turn ignition switch to on, and wait dash lights to stop cycling, start engine, leave engine run until engine operating temperature increases.
4. For trucks equipped with air brakes, drivers should purge air tanks daily. If the unit is equipped with an air drier, bringing the PSI to 120 will automatically purge the system.
5. If you are driving in snow, ice, slush, rain, etc., before parking the unit for the day you should lightly apply the brakes while the unit is moving to dry the brake shoes, drums, rotors and pads so the brakes do not freeze while parked.
6. Make sure windshield washer solvent is full and that all windows are 100% clean.
7. Remove any ice-snow build up from steps and grab handles to prevent a slip or fall.
8. Always use the 3-point method of entering and exiting the cab.
9. When parking the unit make sure if heavy snow is forecast that the unit is not left parked in an outside dock or near a building overhang. Snow can drift off the building causing excessive accumulation on the top of the truck or trailer and can cause the roof to collapse.



Testing delays are the result of a lack of testing personnel, scheduled appointments, and test centers, according to the CVTA. The study found that CLP holders serviced by state-run testing centers experience more significant testing backlogs than states with third-party testing or third-party testing that complements the state program.

Findings from the analysis include:

- \$1.1 billion in direct lost wages are attributed to testing delays;
- Federal and local governments lost \$342 million in income and sales tax revenue in 2016;
- 258,477 potential workforce entrants impacted by testing delays; and
- 6.4 million days of delays for new commercial drivers.

How to Properly Mark a Commercial Motor Vehicle

A common question I receive from customers is "What size does the letters and numbers need to be on the placard or marking on the side of my commercial vehicle?" Ironically, there is NO size designation by measurement. Keep reading to determine how the Federal Motor Carrier Safety Administration ([FMCSA](#)) addresses the marking of a vehicle.

Every self-propelled CMV, as defined in CFR 390.5, greater than 10,000lbs MGWVR must be marked and display the following information:

1. Company Name Truck Door Decal (USDOT, SEMI, Transportation), 2 Pack Brilliant Blue
 1. The legal name or a single trade name of the motor carrier operating the self-propelled CMV, as listed on the motor carrier identification report (Form MCS-150) and submitted in accordance with CFR 390.19.
 2. The motor carrier identification number issued by the FMCSA, preceded by the letters "USDOT".
 3. The City and State of the motor carrier is no longer required to be displayed.

The marking must:

1. Appear on both sides of the self-propelled CMV.
2. Be in letters that contrast sharply in color with the background on which the letters are placed.
3. Be readily legible during daylight hours, from a distance of 50 feet (15.24 meters) while the CMV is stationary.
4. Be kept and maintained in a manner that retains the legibility of the above requirements.

Construction and Durability

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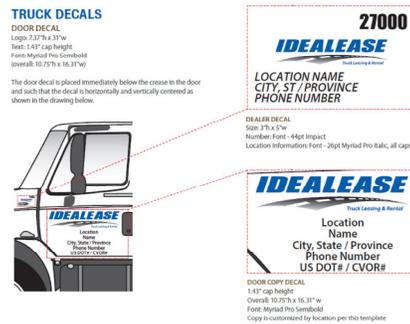
SUBMIT

The marking may be painted on the CMV or may consist of a removable device, if that device meets the identification and legibility requirements above.

Marking of Rented CMVs from Idealease

A motor carrier operating a self-propelled Idealease CMV under a rental agreement having a term not in excess of 30 calendar days meets the requirements of this section if:

- The Idealease CMV is marked in accordance with the provisions of the marking requirements as stated above
- The legal name or a single trade name of the Idealease location is displayed
- The Idealease location identification number preceded by the letters "USDOT" is displayed
- The Idealease rental agreement entered into by the Idealease location and the customer renting motor carrier conspicuously contains the following information:



1. The name and complete physical address of the principal place of business of the Idealease customer renting the CMV.
2. The identification number issued the Idealease customer by the FMCSA, preceded by the letters "USDOT," if the Idealease customer has been issued such a number. In lieu of the identification number required in this paragraph, the following may be shown in the rental agreement:

- Information which indicates whether the Idealease customer is engaged in "interstate" or "intrastate" commerce; and
- Information which indicates whether the Idealease customer is transporting hazardous materials in the Idealease rented CMV;

3. The sentence: "That Idealease cooperates with all Federal, State, and local law enforcement officials nationwide to provide the identity of Idealease customers who operate the Idealease rental CMV".

The rental agreement entered by Idealease and the Idealease customer is carried on the Idealease rental CMV during the full term of the rental agreement.

Safely Getting In or Out of a Commercial Motor Vehicle

Now is a good time to remind drivers to follow the 3 Point rule while getting in and out of their trucks. During the winter months footing conditions are compromised and the chance of slipping or falling is increased. The 3 Point rule is simply that you keep three out of four of your contact points (hands and feet) secured to keep from slipping or falling. When exiting a truck, for example, one hand on the cab handle, one hand gripping interior door handle and one foot on a step



while the other foot is in transition, by doing this you always maintain three points of contact.

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