

**January 24, 2020**

**IN THIS ISSUE:**

Preventing a Single Vehicle Accident

Now is a Good Time to Remind Your Drivers of the Following Tips

Preventing Driver Injuries in Fall and Winter

Registration is Now Open Online for the 2020 Idealease/NPTC Safety Seminars!

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## Preventing a Single Vehicle Accident!

A single-vehicle accident is any driving mishap where only one vehicle is involved. This can include veering off the road and hitting a tree, a rollover crash, or damage caused by animals or debris on the road. Bad weather, poor visibility and distracted driving can all be contributing factors, so drivers must

be alert when they take the wheel. Advances in technology can be both a positive and a negative when we discuss distracted driving.

**Now is a good time to remind your drivers of the following tips:**

- Prepare for your trip before you turn the key.
- Many things can slow you down en route to your destination, so it pays to spend some thoughtful preparation time to help ensure safe travels.
- Check the weather report.
- If you cross county or state lines, you may experience changes in weather patterns. Be prepared to handle rain, snow or other conditions that may affect your ability to drive.
- Start safely.
- Get familiar with the vehicle controls and adjust any settings, as needed. These include seat position, mirrors and steering wheel. Also, always keep your seat belt fastened while driving.
- Allow more time to travel.
- This will reduce your urge to speed up if you are slowed by unpredictable circumstances.
- Turn your headlights on.
- Not only does it enhance your vision, but it also helps others to see you.
- Stay focused to help avoid distractions.
- Distracted driving can rob your ability to react quickly. Stay focused on the road, including what you can see in front of you and in your mirrors.
- Prepare for anticipated distractions
- Like money for a toll booth, mealtimes or the need to reach for sunglasses. Refrain from eating, drinking and smoking while driving whenever possible.
- Monitor your surroundings.
- As you drive, be mindful of lane changes, traffic signs and signals, curves, road work and pedestrians. Seeing a situation develop early will give you more time to react, if necessary.
- Turn off your cell phone.
- Operating a CMV with a non-hands free cell phone is a federal and in

most states a violation. Even a phone that is on sitting on the passenger seat can be a distraction as it emits sounds and vibrations distracting the drivers attention.

- Approximately five seconds is the average time your eyes are off the road while texting. When traveling at 55 mph, that's like driving the length of a football field blindfolded
- Take a break. If you're feeling drowsy or have a task that cannot wait, pull the vehicle over to a safe spot out of the way of traffic.
- Monitor conditions to reduce the risk of losing control
- A safe driver monitors road conditions constantly and is ready to make adjustments. Knowing how to handle your vehicle in a variety of situations helps reduce the risk that you'll be involved in an accident.
- Note how road materials affect traction.
- Asphalt can be more slippery than concrete or gravel due to its petroleum content, especially when covered with rain or snow.
- Be especially careful on sharp curves and steep inclines.
- These conditions make vehicle handling more difficult. Also, be wary of the dangers caused by soft shoulders and potholes.
- Slow down.
- Driving at speeds above the posted limits makes it easier to lose control of your vehicle, harder to recover and robs you of critical reaction time.
- Beware of standing water and wet leaves.
- Maintaining moderate speeds is especially important in these conditions, as it helps to avoid braking fast and skidding.
- Get plenty of Sleep



## Preventing Driver Injuries in Fall and



## Registration is now

## Winter

Slip/Trip and Fall injuries are the most common type of injury for drivers. Most of them occur during the winter months. Each year, thousands of professional drivers are seriously injured due to not paying attention in winter conditions. Working in the ice and snow requires your full attention and awareness.

- Remember it is our primary goal that you go home to your family and friends the way you came to work today, safe and healthy.
- Always wear proper footwear. A full support leather shoe with a rugged non-slip sole. Use non-slip covers on shoe (Yak Trax, etc.)
- Slow down and never be in a hurry.
- Always watch where you walk. Snow can accumulate on top of ice in and around truck parking areas.
- Take small steps and check your footing with each step.
- Look for ice on all handrails and hand grabs before using them.
- Always use gloves for better grip.
- Always use three points of contacts when exiting/entering your tractor or trailer or getting on the cat walk behind the cab.
- Use your seat belt.
- Slow Down in winter!

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**Go to the following website to register your employees for the safety bulletin**

## open online for the 2020 Idealease/NPTC Safety Seminars!

### The theme for this year's seminar is "Transcending Technology in Transportation Safety".

Idealease and the National Private Truck Council NPTC will again be hosting safety seminars in 2020. The one-day seminar this year will focus on new safety technologies available on trucks today, basic safety and compliance, regulation changes, load securement 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 2020 click on the following link

[http://www2.idealease.com/e/36492/safety-seminar-registration/5ppvv6/753268269?h=O\\_LdKVVzUrS61Ctz-GkN4ZAc1WzxtV\\_7jIFaU6Pdpls](http://www2.idealease.com/e/36492/safety-seminar-registration/5ppvv6/753268269?h=O_LdKVVzUrS61Ctz-GkN4ZAc1WzxtV_7jIFaU6Pdpls)

#### Spring Dates

3/11/2020	San Leandro, CA
4/6/2020	Columbia, SC
4/7/2020	Atlanta, GA
4/14/2020	Cleveland, OH
4/15/2020	Youngstown, OH
4/16/2020	Tampa, FL
4/22/2020	Dallas, TX
4/30/2020	Chattanooga, TN

as well as view the archives of past bulletins:

[www.ideallease.com/safety-bulletins](http://www.ideallease.com/safety-bulletins)

**Safety Bulletin**

**Training Requirements of the Federal Motor Carrier Safety Administration (FMCSA)**

September 27th, 2019

**UPCOMING EVENTS**

**October 7<sup>th</sup> - 13<sup>th</sup> is Fire Prevention Week**

National Fire Prevention Week is coming, and it is a good time to review with your drivers how to prevent fires, and how to react to a fire that occurs in their commercial motor vehicle.

Fire extinguisher inspection is a vital part of a driver's daily vehicle inspection process. It amazes me how many times I will be looking at a truck and find the fire extinguisher has lost its pressure due to a leak or was used and returned to the truck without being recharged. The actions of a driver at the time of a fire are crucial in saving lives and controlling the amount of loss.

Many of you have sent me emails you have received from consulting firms saying that you are required to have your supervisors of CDL drivers trained in Drug and Alcohol Responsible Suspension Testing. The emails are used as "scare" tactics to get you to purchase their supervisor training courses, webinars, etc. They are correct that your supervisors are required by Federal Motor Carrier Safety Administration (FMCSA), but the good news is that the FMCSA makes this training available to you at NO COST!!!

Let's look at what the regulations say about training of your supervisors of CDL drivers. By the way, this applies to all motor carriers INTRA and INTER state.

**Register Now to Attend an Ideallease/NPTC Safety Seminar this Fall!**

**DRIVING SAFETY**

- 5/5/2020 Wausau, WI
- 5/6/2020 Madison, WI
- 5/7/2020 Aurora, CO
- 5/13/2020 Portland, OR
- 5/14/2020 Santa Fe Springs, CA
- 5/20/2020 Altoona, IA
- 5/20/2020 Baltimore, MD
- 5/21/2020 Indianapolis, IN
- 5/21/2020 Mannheim, PA
- 7/22/2020 Santa Rosa, CA

**Fall Dates**

- 9/23/2020 Ontario, CA
- 9/23/2020 Indianapolis, IN
- 9/29/2020 Fort Wayne, IN
- 10/7/2020 Eugene, OR
- TBD Phoenix, AZ
- TBD Richmond, VA
- TBD Birmingham, AL
- TBD Memphis, TN
- TBD Kansas City, MO

[Register here for the weekly Safety Bulletin or view past bulletins.](#)



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