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January 25, 2019

February Is Heart Month: Are You at Risk for Heart Disease?



The perfect gift this Valentine's Day is the gift of heart health. Along with Valentine's Day, February marks American Heart Month, a great time to commit to a healthy lifestyle and make small changes that can lead to a lifetime of heart health.

Cardiovascular disease (CVD)—including heart disease, stroke, and high blood pressure—is the number 1 killer of women and men in the United States. It is a leading cause of disability, preventing Americans from working and enjoying family activities. CVD costs the United States over \$300 billion each year, including the cost of health care services, medications, and lost productivity.

Are You Driving With "Tunnel Vision" This Winter?

Tunnel vision occurs when a driver scrapes off only a small area of ice or snow on their vehicle windshield to allow just enough space to see through a small hole as they drive. This practice significantly reduces a driver's field of vision and greatly increases their risk of collision. The Kansas Highway Patrol estimates that drivers who do not clear



their entire windshield of ice, snow and fog limit their field of vision to only about 2 to 3 percent of what a driver with a clear windshield can see. In a recent survey conducted by the Center for Safe Driving found that more than 50 percent of drivers admitted to not fully clearing snow or ice from the windows of their vehicles. As a countermeasure, many states have enacted laws

requiring drivers to make reasonable efforts to remove snow or ice from their vehicles, and numerous law enforcement personnel across the country are planning to target drivers who do not clear their windshields this winter. As part of your pre-trip inspection you should make sure that the windshield, side windows and mirrors are clear of any snow, ice or fog before starting your route or trip. Another dangerous situation that exists is chunks of



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snow or ice flying off the top of your vehicle and landing on other vehicles behind you. These chunks can be quite heavy and become dangerous projectiles that can cause crashes, injuries, and deaths. If heavy snow is forecasted it is recommended that you pull your unit away from the dock or terminal building so a drift of snow does not build up from the roof of the building to the top of your trailer or truck. As a professional driver, it is important to recognize this unsafe act in other drivers and be prepared to avoid a collision and stay out of their way.

Recognizing a Stroke

Sometimes symptoms of a stroke are difficult to identify. Unfortunately, the lack of awareness spells disaster. The stroke victim may suffer severe brain damage when people nearby fail to recognize the symptoms of a stroke. Now doctors say a bystander can recognize a stroke by asking three simple questions:

S *Ask the individual to **SMILE**.

T *Ask the person to **TALK** and **SPEAK A SIMPLE SENTENCE**

R *Ask him or her to **RAISE BOTH ARMS**

If he or she has trouble with any of these tasks, call an emergency number immediately and describe the symptoms to the dispatcher.



Sign of Stroke: Stick out your tongue as you ask the person to stick out their tongue. If the tongue is crooked or if it goes to one side or the other, that is an indication of a stroke.

[Click Here](#) to learn more about Heart Disease.

New York Changes Course, Will Now Enforce ELD Mandate



The State of New York reversed course on enforcing federal electronic logging device (ELD) rules and can now enforce the ELD mandate. An emergency rule-making was issued in the NYS Register on January 16, 2019, meaning as of January 17, drivers not in compliance with the ELD mandate could be placed out-of-service. The rule change comes weeks after a New Year's Eve opinion from Judge Richard M. Platkin dismissed a case from the Owner Operator Independent Drivers Association (OOIDA) that argued that the New York DOT was enforcing the ELD regulations even though state statutes did not give it the authority to do so.



[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.

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

In issuing his decision, Judge Platkin said that the state's policy was that "no tickets or Notices of Violation are to be issued citing the federal ELD regulations, and no violations of ELD rules are to be cited on the inspection report." Before enforcement, inspectors could ask to see driver's logs and review logs on an ELD screen to enforce HOS rules, but drivers could present either paper or electronic records.

TBD

Erie, PA



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