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Safety Bulletin

October 19, 2018

Halloween Driving “Tricks” to Keep Everyone Safe



To help everyone bring home treats — not tragedies — follow these tips for a safe Halloween:

- Focus on your driving. A single distraction could lead to a tragedy.
- Stay well below the posted speed limit.
- Pay attention to what's happening on sidewalks and roadways. Watch for children darting across streets, especially between parked cars.
- Be extra alert when pulling in and out of driveways.
- Do not assume children can see you or are paying attention. You need to take that responsibility.
- Drivers should also check that all lights on their car work.
- Do not pass other vehicles that have stopped in the roadway. They could be dropping off children.
- If you're driving a group of children, but staying in the running vehicle at the curb, be sure to put on your hazard lights to alert other motorists.
- And if you're driving to a Halloween party, put that mask on after you park the car.

Parents can help motorists, too:

- Make sure drivers can see the children. Give them flashlights and glow sticks. Dress kids in bright, reflective clothing or use reflective tape on their costumes.
- Use makeup, rather than masks, so children have a clear, unobstructed view of their surroundings.
- Be sure children know how to cross a street -- look left, right and left again before crossing.
- Instruct children to stay on sidewalks and to cross only at corners or crosswalks.
- Accompany your children as they trick or treat.



Winter Driving Tips for the Driver and the Vehicle

Proper Steps to Take in Preparing for Winter Driving Conditions:

Step 1: Make sure that your truck is prepared for winter driving.

Tires are the most important aspect of keeping your vehicle under control in snow and ice condition. Traction tires on the drive axle(s) of the truck with ample tread depth provides the best control in snow and ice conditions. The tread depth and condition of the steer axle tires is also vital in keeping the control of the steering.

If you are operating in areas with chain laws make sure the chains are in good condition and ready to be installed if needed. Mirrors and all glass in the truck should be clean for maximum visibility. Not sure what your states chain laws are go to:
<http://www.tirechainsrequired.com/laws.html>



Step 2: Lights On.

Turn on your lights to increase your visibility to other motorists.

Step 3: No Cruise Control.

Don't use cruise control on snowy or icy roads.

Step 4: Bridges, Overpasses infrequently traveled roads.

Be especially careful on bridges, overpasses and infrequently traveled roads, which will

freeze first. Even at temperatures above freezing, if the conditions are wet, you might encounter ice in shady areas or on exposed roadways like bridges.

Step 5: Don't "pump" the brakes.

If your truck is equipped with ABS brakes do not "pump" the brakes.

Step 6: Drive slowly.

Driving too quickly is the main cause of winter accidents. Just because you are a large truck with a heavy load doesn't mean that you're invincible, be sure to drive slowly and carefully on snow and ice covered roads.

Step 7: Pay attention.

Maneuvers are more difficult to make in the snow. Be sure to anticipate what your next move is going to be to give yourself lots of room for turns and stopping.

Step 8: Don't tailgate.

While tailgating is a bad idea under normal driving conditions, it is much, much worse in winter weather. Stopping takes much longer on snowy and icy roads than on dry pavement. Be sure to leave a lot of room between your vehicle and the one in front of you. A good rule of thumb is to leave four vehicle lengths between you and the vehicle in front of you for every 10 mph you are driving.



Step 9: Brake before making turns.

It is difficult to steer vehicles while applying the brakes in snowy conditions. So make sure to smoothly step on your truck's brakes to reduce speed before entering turns. Once you have rounded the corner you can accelerate again.

Step 10: Drive smoothly.

Snowy and icy roads are much less forgiving than dry pavement. Make sure not to make any abrupt turns or stops when driving. Doing so will often cause your vehicle to lose control and skid out.

Step 11: Be familiar with your vehicle.

It is always a good idea to be familiar with your vehicle's driving dynamics. This is especially true when driving on snow or ice. Also, be aware of the weight condition of your truck. As your load and weight diminish the handling of the truck in snow and ice will change.

Step 12: Learn how to control skids.

While it is best practiced in a driving school or on a closed course, it is not a bad idea to practice controlling skids in your vehicle so that you know how to react if it



ever happens under real world driving conditions. When skidding, you actually need to go against your natural instincts and turn into the skid and accelerate. Taking your foot off of the brakes and accelerating gently during skids transfers your vehicle's weight

from the front to the rear and often helps vehicles to regain control.



Drug-Free Workplace Week October 15-20th

The U.S. Department of Labor is encouraging public and private community organizations to participate in the 5th annual Drug-Free Work Week, which will occur Oct. 15 to 20. This public awareness campaign, held each October, emphasizes the importance of drug-free workplace programs to help prevent workplace alcohol and drug use, and encourage workers with alcohol and drug problems to seek help. Successful drug-free workplace programs provide a safe and healthy environment for workers and result in a productive workplace for employers.

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10/25/18 Oklahoma City, OK
11/7/18 San Leandro CA

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Winter Tips to Follow Concerning the Vehicle:

1. Blended fuel purchased or a diesel supplement is added to the fuel tanks as temperatures creep below 32 degrees.
2. Make sure the unit block heaters are plugged in when unit is not in use during the winter months.
3. Initial start up each day should follow this order – unplug block heater before start up, ignition in “on” position, if equipped with “wait for glow plugs” light, wait for light to go out, start unit, once running, unit should be brought up to temperature before operating.
4. If equipped with air brakes and air tank pull cords and/or drain orifices, you should purge tanks daily, make sure the air system airs to 120 psi, and listen for the air drier to purge the system clean of moisture.
5. Make sure all fluids are up, including window wash. Now is the time to check additional fluids, such as DEF, “Wet Kits” etc.
6. Make sure wiper blades are functional, all glass/mirrors cleaned, if equipped, heated mirrors functional, make sure headlights tail/turn lights are cleaned off of snow/ice/salt and operational
7. If you have driven in snow, ice, slish, before stopping the vehicle at the end of their shift, lightly have the brakes applied to clean off and dry the shoes, drums, rotors and pads to prevent brakes pads freezing to drum/rotors while the unit is parked.
8. Make sure any steps and grab handles are clean, secure and dry to avoid slipping.



9. If you are operating in state that require chains to be on board, make sure the chains are the correct size, properly secured, clean, and not broken as to be easily applied when necessary.
10. Most important dress warm with self wicking clothing and have extra clothing in the event the unit may break/shut down to avoid hypothermia

[FHWA's website](#) contains links to information on weather and road conditions and the availability of travel web sites and 511.

States Asked to Accept Older DOT Medical Certificates

The Federal Motor Carrier Safety Administration (FMCSA) has changed its position on the use of recently expired Medical Examiner's Certificates.

On October 4, 2018, the agency announced that it had told state driver's licensing agencies (SDLAs) to reject drivers' medical certificates showing an expiration date of

08/31/2018 in the upper corner unless they were signed by the medical examiner on or before October 4, 2018.

Now the FMCSA has "requested that SDLAs continue to accept the old versions with the 08/31/2018 expiration date," according to the agency's medical office. The expiration date indicates when the FMCSA loses its authority from the Office of Management and Budget (OMB) to require use of the form. That authority must be renewed every few years, and the expiration date was recently updated to 09/30/2019.

Though the FMCSA has historically granted a grace period during which old medical forms could still be used, the agency initially declined to do so, telling medical examiners that the 09/30/2019 forms must be used starting October 5, 2018.

MEDICAL EXAMINER'S CERTIFICATE			
I certify that I have examined _____ in accordance with the Federal Motor Carrier Safety Regulations and 49 CFR 391.41, 391.43, and with knowledge of the driving rules, I find this person to qualify, and, if applicable, only when:		<input type="checkbox"/> driving within an exempt intrastate zone (49 CFR 391.43) <input type="checkbox"/> accompanied by a Non-Performance Evaluation Certificate (NPE) <input type="checkbox"/> qualified to operate as of 07/01/16	
<input type="checkbox"/> wearing corrective lenses	<input type="checkbox"/> wearing hearing aid	<input type="checkbox"/> accompanied by a Non-Performance Evaluation Certificate (NPE) <input type="checkbox"/> qualified to operate as of 07/01/16	
The information I have provided regarding this physical examination is true and complete. A complete examination form with any attachments embodies any findings completely and correctly, and is on file in my office.			
SIGNATURE OF MEDICAL EXAMINER	TELEPHONE	DATE	
MEDICAL EXAMINER (PRINT)		<i>Fit for Duty</i>	
MEDICAL EXAMINER'S LICENSE OR CERTIFICATE NUMBERING STATE	NATIONAL REGISTRY NO.		
SIGNATURE OF DRIVER	INTRASTATE ONLY	CDL	DRIVER'S LICENSE NO.
	<input type="checkbox"/> YES <input type="checkbox"/> NO	<input type="checkbox"/> YES <input type="checkbox"/> NO	STATE
ADDRESS OF DRIVER			
MEDICAL CERTIFICATION EXPIRATION DATE			

The FMCSA is now "encouraging" use of the updated forms, but those dated 8/31/2018 will still be acceptable for now. The sudden change in medical forms was causing headaches for some CDL-holding drivers whose exams were recorded on "expired" forms that were then rejected by state licensing agencies.

Another Version is in Development

Earlier this month, the FMCSA announced that yet another version of the medical forms is in the works, with a new OMB expiration date. Nothing on the forms will be changing except the date.

The OMB is taking public comment on the FMCSA's medical forms until November 19, 2018, so updated versions will not be available until sometime after that date

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