

**In This Issue:**

Preventing Driver Injuries in Fall and Winter  
Time to Fall Back... Daylight Savings Time Changes Sunday Nov 5th!  
November 5-12 is Drowsy Driving Prevention Week  
Driver Shortage, ELDs, Top List of Trucking Industry Concerns  
Halloween Driving "Tricks" to Keep Everyone Safe

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## SAFETY BULLETIN



## Preventing Driver Injuries in Fall and Winter

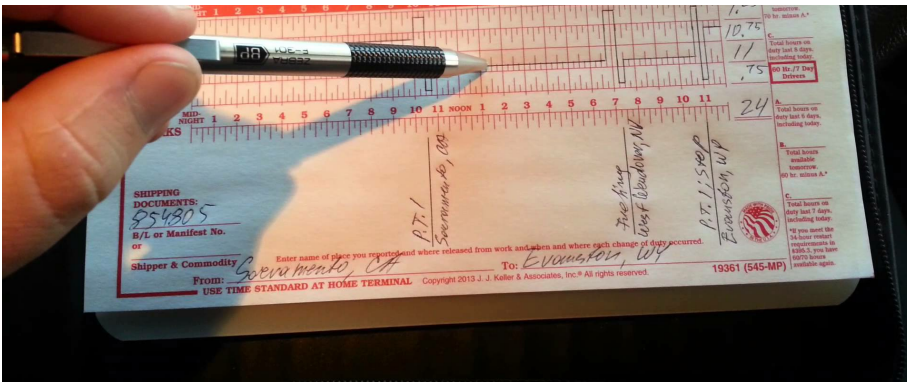
*Slip/Trip and Fall injuries are the most common type of injury for drivers. Most of them occur during the winter months. Each year, thousands of professional drivers are seriously injured due to not paying attention in winter conditions. Working in the ice and snow requires your full attention and awareness.*

- 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, 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, ALWAYS.
- Always use your seat belt.
- SLOW DOWN!
- Slow Down in winter!

October 27, 2017



Date		DRIVER'S DAILY LOG		Signature	
05	19	05	NSCD Company	[Signature]	
(Month)	(Day)	(Year)	Name of Driver or Carrier	[Signature]	
	680		Full Address	[Signature]	
Total Miles Driven Today	Total Mileage Today	Main Office Address	[Signature]		
85/47		Home/Residence Address	[Signature]		
Tractor and Trailer Numbers or "Plate" (Liste below each unit)		I certify these marks are true and correct.		Co-Driver's Name	
		[Signature]		TOTAL HOURS	
				[Signature]	



## How does a Driver Log Daylight Savings Time?

There are no "official" guidelines for logging when the time changes. What most drivers do is simply drop a line down to the remarks section of the log to indicate the time change. So at 02:00 AM, Sunday morning, drop a line down and write something like, "Daylight saving." It should not affect drivers' hours because they still must comply with the 11-, 14- (or 10-, 15-), and 60/70-hour rules. These rules are not dependent on what the clock reads; rather they depend on how much time the person actually worked/drove.

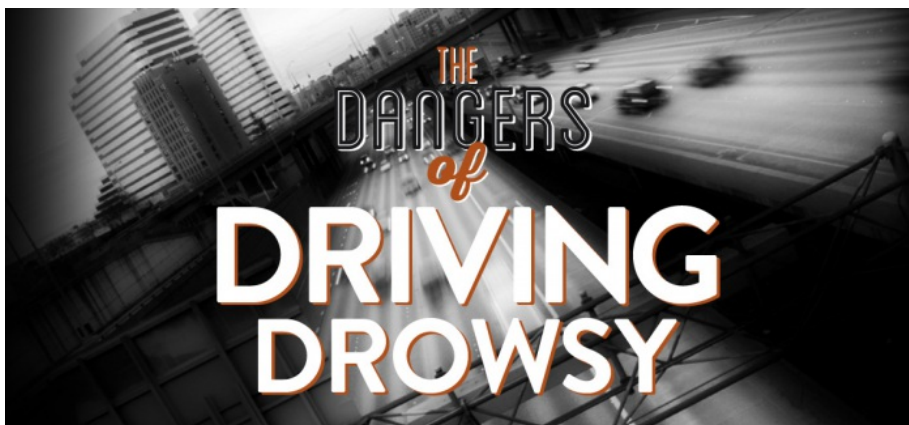
When you "gain" an hour in the fall, your log for that day should include 25 hours of activity, because you repeat the hour from 1:00 a.m. - 2:00 a.m. The log needs to show what you did for that hour, so enter a note indicating your activity and any changes in duty status. That hour must be included when calculating compliance.



## Time to Fall Back... Daylight Savings Time Changes on Nov 5th!!

**Daylight savings time will "fall back" at 2:00 a.m. on Sunday, November 5th.**

Make sure that all of your drivers are aware that the change to daylight savings will occur. Caution route drivers especially that the amount of daylight will change according to their stops with the change. An intersection or street can present different challenges to drivers with one hour change in the position of the sun. One hour of time difference can present unique changes to a driver who is on a route.



## November 5-12 is Drowsy Driving Prevention Week

The National Sleep Foundation has launched Drowsy Driving Prevention week as an educational campaign designed to save lives by increasing awareness of the dangers of driving while sleepy. The National Highway Traffic Safety Administration estimates that drowsy driving causes at least 100,000 police-reported crashes and kills more than 1,550 Americans each year. It is curious that all states have laws in place to enforce drunken driving but few have laws to cite a driver who has fallen asleep

causing an accident. Only the state of New Jersey explicitly defines drowsy driving as recklessness under a vehicular homicide statute. Known as "Maggie's Law," New Jersey's drowsy driving law has served to raise awareness of the consequences of fatigue behind the wheel and has spurred significant action in other states. There are now at least 8 states with 12 pending bills that address fatigued driving in various ways.

For more information on Drowsy Driving Prevention Week, visit <http://www2.idealease.com/e/36492/drowsy-driving/5dxclb/598902241>

## Warning Signs of Drowsiness and Fatigue

If you:

- Can't remember the last few miles driven,
- Have wandering or disconnected thoughts,
- Experience difficulty focusing or keeping your eyes open,
- Have trouble keeping your head up,
- Drift from lanes or hit a rumble strip,
- Yawn repeatedly,
- Tailgate or miss traffic signs,
- Find yourself jerking your vehicle back into lane....

Then you may be suffering from drowsiness or fatigue.

Continuing to drive in this condition puts you at serious risk of being involved in a fatigue-related crash. You should pull over in a safe place and get some rest before resuming your trip.

## What You Can Do to Stay Alert While Driving:

**Sleep / Take Naps:** Your best bet is to get enough sleep every day. If you must stay up late, afternoon naps are a great way to get more sleep. If you feel drowsy while driving, a 15-minute nap can be very effective. Make sure to pull over in a safe place.

**Caffeine:** Avoid caffeine during the last half of your workday as it may contribute to sleeping problems. You can gain short-term alertness by drinking coffee or other caffeine sources if driving, but it usually takes 30 minutes to take affect and wears off after a few hours.

**Regular Stops:** You should stop every 100 miles or 2 hours. Switch drivers if you can.

**AC MAX - Re-circulation:** Do not operate the vehicle for extended periods of time with the AC on MAX or Recirculation. Under these conditions the level of CO2 in the vehicle is increased contributing to drowsy driving.

**Avoid Alcohol:** If you have been drinking, please don't drive! In addition to being illegal, alcohol makes you sleepy and amplifies your fatigue.



# DON'T DRIVE DROWSY!

## If You are Planning a Long Trip, AAA Offers the Following Tips for avoiding Fatigue:

- Prepare for your trip by getting a good night's sleep the night before. Plan to drive during the time that you are normally awake, and stay overnight rather than traveling straight through.
- Avoid driving during the body's "down time". According to AAA, this is generally in the mid-afternoon and between midnight and 6:00 a.m.
- If you have passengers, talk to them. It will help to keep you alert, and they will also be able to tell if you are showing signs of getting sleepy.
- Schedule a break every 2 hours or every 100 miles. Take a nap, stretch, take a walk and get some exercise before resuming your trip.
- Stop sooner if you show any danger signs of sleepiness.

## "Tricks" That Do NOT Work

Opening the window, turning on the air conditioning, or playing loud music are not effective in keeping drivers alert for any extended period of time.

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## Driver Shortage, ELDs, Top List of Trucking Industry Concerns

For the first time in more than a decade, the driver shortage has topped the list of trucking industry concerns for 2017, narrowly edging the electronic logging device (ELD) mandate from the top spot.

The American Transportation Research Institute (ATRI) says its top 10 list of critical issues facing the trucking industry for this year is based on nearly 1,600 survey responses.

The driver shortage surged six spots in the annual survey; it last topped the list in 2006. The ELD mandate first appeared on the list in 2012 and surged to the top in 2016. It remains the number one issue among commercial drivers who responded to the ATRI survey, but fell to the second spot overall.

An issue that first appeared in the top 10 last year, the cumulative economic impact of government regulations, fell to number seven.

Among drivers, concern about autonomous vehicles drove its way into the top 10 but was not as highly ranked among motor carriers.

### The following is ATRI's top 10 list for 2017:

1. Driver shortage
2. ELD Mandate
3. Hours of Service
4. Truck Parking
5. Driver Retention
6. CSA
7. Cumulative economic impact of trucking regulations
8. Driver Distraction
9. Transportation infrastructure/connection/funding

9. Transportation infrastructure/congestion/funding
10. Driver health and wellness

The ATRI Top Industry Issues report, which also contains strategies for addressing each issue, is available online at [www.TruckingResearch.org](http://www.TruckingResearch.org).

The survey results were released at the 2017 American Trucking Associations' Management Conference and Exhibition in Orlando, Florida.

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## 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.

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**Our mailing address is:**

430 North Rand Road  
North Barrington, IL 60010

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