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SAFETY BULLETIN



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Improving Driver Health

Driving a truck can make healthy living a difficult challenge but not impossible. A lack of physical activity and fast food dining can add up to a health risk at any age.

Make Healthy Fast Food Choices

Stick to these simple ground rules:

- Eat a variety of foods in moderate amounts.
- Use less salt on your food.
- Carry seasonings (like Mrs. Dash) in your cab so you can add extra flavor without the extra salt.
- Avoid foods labeled jumbo, giant, and super-sized.
- Larger portions mean more calories. Order a regular or junior portion instead.
- Choose grilled or broiled sandwiches with meats like lean roast beef, turkey or chicken breast.
- Request that special sauces or added dressings be left off your order, and add lots of veggies to the mix.
- Skip the croissant or biscuit in favor of a bun, bread or English muffin.
- Fill up at the salad bar if available, but beware of thick, creamy dressings.
- When eating Mexican food, order bean burritos, soft tacos, fajitas and other items that are not fried.
- Chicken is better than beef, especially with the addition of lettuce, tomatoes and salsa.
- Limit refried beans, and go easy on cheese, sour cream, and guacamole.
- Watch out for fried tortilla shells! A taco salad can have more than 1,000 calories.
- Pizza can be a good choice. Order thin crust pizza with veggie toppings, start with a salad, and



Register Now for the 2016 Idealease / NPTC Safety Seminar

Idealease and the National Private Truck Council NPTC will again be hosting safety seminars in 2016. The one day seminar this year will focus on the new Electronic Logging Device (ELD) regulation, basic safety and compliance, regulation changes and CSA. In addition, this year attendees will receive the mandatory two hour Drug and Alcohol supervisor training as part of the seminar. The seminars and will be provided to all Idealease customers, potential customers and NPTC members at no charge. The seminar provides

limit yourself to one or two slices of pizza.

- Avoid these traps: fat-free muffins with plenty of sugar, skinless fried chicken contains a lot of fat, Chinese food that is deep fried or high in sodium and fat.

Controlling High Blood Pressure

High blood pressure increases your risk of having a heart attack, stroke, or kidney disease, as well as preventing you from passing your Department of Transportation (DOT) physical.

The DOT requirement for blood pressure is 140/90 mm/hg.

To keep your blood pressure under control, try the following tips:

- Talk with your healthcare professional.
- Take any medications as prescribed. If you do not understand how to take the medication, ask questions.
- Maintain a healthy weight.
- Eat in heart healthy ways: plenty of fruits and vegetables, low fat dairy products.
- Moderate your total fat intake.
- Limit sodium to no more than 2400 mg, or about one teaspoon of salt per day.
- Drink alcohol in moderation, if at all. For men, moderate use is two drinks daily, for women, one drink.
- Strive to be active a minimum of 30 minutes every day, with brisk walking or cycling. Two 15 minute periods is fine if you do not have a 30-minute block of time.
- Quit smoking. Smoking increases your risk of stroke, heart disease, peripheral artery disease, and several forms of cancer.
- Avoid caffeine, a stimulant which can raise your blood pressure. Coffee, tea and soda all have large amounts of caffeine.

Exercising on the Road

Check with your doctor before you start an exercise program if you have not been active, or are at risk for heart disease or other chronic health problems.

- Choose activities you enjoy. If you cannot find a place outdoors to walk, stash a few weights in your truck and work out in the cab.
- Carry a jump rope with you. It takes up little space and can be done almost everywhere.
- Make your workout a habit you do daily, or every other day.
- Play music to keep you entertained as you work out.
- Surround yourself with supportive people who will encourage you and keep you motivated.
- Don't overdo it. Many people give up exercise after a few days because they have overworked, sore muscles.
- Reward yourself for your progress, whether it is weight loss or keeping up your new habit.
- Know Heart Attack and Stroke Warning Signs
- Coronary heart disease is America's #1 killer, and stroke is #3.
- Be prepared to help if these symptoms should occur in yourself or someone else.
- **Most important: Quickly dial 911. *Every second counts in an emergency, so do not wait more than five minutes to call for help. Many people can benefit from medications and treatments unavailable in the past. For example, clot busting drugs can stop some heart attacks or strokes in progress, if given quickly.***

Heart Attack Warning Signs

- Chest discomfort. Most heart attacks start with discomfort in the center of the chest that lasts more than a few minutes, or goes away and comes back. You may feel uncomfortable pressure, squeezing, fullness or pain.
- Upper body discomfort. Pain or discomfort in one or both arms, back, neck, jaw or stomach should all be alerts. Women should note that they may have different symptoms than men, such as less chest pain and more of other symptoms.
- Shortness of breath, which may occur with or without chest discomfort.
- Dizziness

important information applicable for both the novice and experienced transportation professionals.

[Click Here](#) to register

2016 Idealease Safety Seminar Schedule:

April 26	Baltimore, MD
April 27	Harrisburg, PA
April 28	New Windsor, NY
May 3	Kansas City, MO
May 3	Lexington, KY
May 5	Salt Lake City, UT
May 5	Aurora, CO
May 10	Everette, WA
May 12	Moncton, NB
June 7	Springfield, IL
June 23	San Leandro, CA
September 20	Lafayette, IN
September 21	Santa Fe Springs, CA
September 22	Santa Barbara, CA
October 4	Green Bay, WI
October 4	Erie, PA
October 5	Butler, PA
October 6	Cleveland, OH
October 12	Chicago, IL

- Cold sweat
- Nausea

Stroke Warning Signs

The American Stroke Association states these are the warning signs of stroke:

- Sudden numbness or weakness of the face, arm, or leg, especially on one side of the body.
- Sudden confusion, trouble speaking or understanding.
- Sudden trouble seeing in one or both eyes.
- Sudden trouble walking, dizziness, loss of balance or coordination.
- Sudden, severe headache with no known cause.

FMCSA Seeks Feedback on Beyond Compliance Program

In the April 20 Federal Register, the Federal Motor Carrier Safety Administration (FMCSA) published a notice seeking public comments on the Beyond Compliance program.

The Fixing America's Surface Transportation (FAST) Act requires the Agency to implement the program no later than 18 months after the enactment of the Act.

Through the proposed program, the FMCSA Administrator must allow recognition, either through credit recognized by a new Beyond Compliance Behavior Analysis and Safety Improvement Category (BASIC), or an improved Safety Measurement System (SMS) percentile, for a motor carrier that:

1. Installs advanced safety equipment;
2. Uses enhanced driver fitness measures;
3. Adopts fleet safety management tools, technologies, and programs; or
4. Satisfies other standards determined appropriate by the Administrator.

The FAST Act also requires that the Agency provide the opportunity for notice and comment on a process for identifying and reviewing advanced safety equipment, enhanced driver fitness measures, fleet safety management tools, technologies, and programs, and other standards for use by motor carriers to receive recognition.

The proposed program will not allow relief from regulatory requirements.

Comments must be received on or before June 20, 2016. They can be submitted using Docket No. FMCSA-2015-0124 to the Federal eRulemaking Portal at www.regulations.gov.

FMCSA Reminds Medical Examiners and Commercial Motor Vehicle Drivers that Revised Driver Examination Forms Must Be Used Beginning April 20, 2016

The Federal Motor Carrier Safety Administration (FMCSA) reminds Medical Examiners (MEs) and commercial motor vehicle (CMV) drivers that, as of April 20, 2016, certified MEs performing physical examinations of CMV drivers must use the revised versions of the Medical Examination Report (MER) Form ([MCSA-5875](#)) and the Medical Examiner's Certificate (MEC) Form ([MCSA-5876](#)).

In April 2015, FMCSA published the [Medical Examiner's Certification Integration final rule](#), designed to facilitate the electronic transmission of MEC information from FMCSA's National Registry to the State Driver's Licensing Agencies, and required the use of revised MER and MEC forms.

In December 2015, FMCSA [announced a 120-day grace period](#) – from December 22, 2015 through April 20, 2016 – during which MEs may use either [the old "substantially in accordance with" versions or the newly revised versions](#) of the MER Form and MEC Form.

FMCSA provided a grace period to ensure that MEs had sufficient time to become familiar with the new

forms and to program electronic medical records systems.

MEs and CMV drivers with questions are directed to contact the FMCSA Medical Programs Division at (202) 366-4001 or FMCSAMedical@dot.gov

Do you have your US DOT Personal Identification Number (PIN)?

To view your CSA SMS information in its entirety you will need your US DOT number and US DOT PIN numbers to access the information as it becomes available to the industry. With the DOT number and DOT PIN number you will be able to “log on” and see your drivers names associated with the various inspections, violations and crashes as well as the scoring for “Hazardous Material” and “Crash” basics. The public will not have access to your driver’s names or the “Hazardous Material” or “Crash” indicator basic scoring.

The US DOT PIN number was originally provided to the motor carrier when authority is granted. For many carriers this was years and employees ago and the PIN number has been lost.

The following are three ways that a motor carrier can obtain their pin number.

<https://safer.fmcsa.dot.gov/AutoPin/index.xhtml> (Click on this link to receive PIN by email)

https://li-public.fmcsa.dot.gov/LIVIEW/PKG_PIN_START.PRC_INTRO (Click on this link to receive PIN by US Mail)

Or call 1-800-832-5660 #3 then 0 and Request your PIN number in person.

If you are requesting your US DOT PIN number be sent by US mail allow 1 to 2 weeks to receive your PIN.



International Roadcheck 2016 will be June 7-9, 2016

Roadcheck, now in its 29th year, is the largest targeted enforcement program on commercial motor vehicles in the world, with nearly 17 trucks or buses inspected, on average, every minute from Canada to Mexico during a 72-hour period in early June. Each year, approximately 10,000 CVSA-certified local, state, provincial and federal inspectors in every jurisdiction across North America perform the truck and bus inspections.

[International Roadcheck Checklist for Drivers](#)

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