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## SAFETY BULLETIN



June 17, 2016

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### **IMPORTANT NOTICE!!!**

The Idealease/NPTC Safety Seminar in San Leandro, CA next Thursday June 23 has moved to a new venue due to number of registered attendees.

Here is the new venue information:

TPC Stonebrae Golf Club  
202 Country Club Drive  
Hayward, CA 94542  
(510) 728-7878

The seminar will start with registration at 8:00 AM and will conclude by 3:30 PM with lunch provided.



## Monday is the First Day of Summer and the Heat is ON!

### What are you doing to protect your employees from Heat Stroke and exhaustion?

These conditions are created when our body is unable to regulate our heat production at a safe level. First, we need to make all of our employees aware of the signs and symptoms for these conditions:

1. Fatigue, weakness, fainting
2. Nausea and vomiting
3. Headache
4. Dizziness
5. Muscle cramps
6. Irritability
7. Sweating (absence or presence)
8. Paleness



These conditions can be further escalated by the physical condition of your employees. Employees at a greater risk for heat exhaustion and heat stroke are those with: Heart disease, Skin diseases, Extensive burns, Endocrine disorders

(hyperthyroidism, diabetes, etc.), High blood pressure, Overweight, Depression, Insomnia and Fever. Over the counter drugs can also contribute to a greater risk for these conditions.

### All Heat-Related Illnesses are Preventable!

What can you do to prevent them?

- Use Common Sense!
- Limit your exposure to direct sunlight as much as possible.
- Drink more fluids (non-alcoholic); do not drink fluids that contain caffeine or large amounts of sugar. Sport drinks are good as they replace electrolytes and salt in your body. Avoid extremely cold fluids as these can cause stomach cramps. Drink often throughout the day 4-6 ounces at a time. WATER IS GOOD!
- Wear lightweight, light colored, loose fitting clothing that does not create a safety hazard for your work environment. If outdoors, wear a hat to reduce direct exposure to the sun.
- Make sure your employees are wearing sunglasses that provide UV protection and are impact resistant
- Avoid hot foods and heavy meals. They add heat to your body.
- Drivers who are on routes should pack a cooler with water for the day. Also, keep an umbrella in the truck if you are operating in extreme conditions, (desolate, desert, etc.), this will allow you to move to an area with breeze and still be protected from the sun.
- If exposure to the sun is inevitable, apply generous amounts of sunscreen with a high SPF rating to exposed skin.
- Make sure your truck is in excellent condition. A good pre-trip inspection is crucial in extreme heat conditions to prevent breakdowns, otherwise you may find yourself and your unit on the side of the road exposed to the extreme heat.

## Beware - We are now in the busiest time of year for Road Construction

Drivers need to be especially cautious of construction zones this summer. States are making a concentrated effort to raise the awareness of the dangers in these zones. Here are some safety tips you can share with your drivers regarding construction zones:



- **SLOW DOWN** and be alert when approaching a "construction zone." Get into the correct lane well in advance. Where traffic is



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

[Click Here](#) to register

### 2016 Idealease Safety Seminar Schedule:

June 23	San Leandro, CA
September 20	Lafayette, IN
September 21	Santa Fe Springs, CA
September 22	Santa Barbara, CA

merging into a single lane, be cautious of other motorists racing to get ahead of slowing traffic.

- Get **OFF** of the phone.... even Hands Free phones are distracting your ability to safely operate your truck
- **PAY ATTENTION** to what those orange and black warning signs are telling you to do.
- **BE ALERT** for the actions of other drivers.
- **PAY CLOSE ATTENTION** to construction equipment and workers. You never know their next move, so be prepared to stop.
- **WATCH SPEED LIMITS** and don't tailgate. Double your following distance. Rear-end collisions are the most common kind of construction zone accident.
- **WATCH FOR CONSTRUCTION VEHICLES** entering and exiting the road in or near the construction area, as they may enter and exit at a slower speed than other traffic.
- **TURN YOUR HEADLIGHTS ON** as you approach a work-zone, alerting both the construction workers and other traffic around you of your presence.
- **GIVE CONSTRUCTION WORKERS A BRAKE**

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## FMCSA Issues 60-page Legal Defense of ELD Regulation

The Federal Motor Carrier Safety Administration filed Wednesday, June 15, its official response to the legal challenge brought against its 2015-issued electronic logging device mandate, defending the rule against challenges to its constitutionality and saying the mandate stands up to a cost-benefit analysis. The agency filed the 60-page document on the day it was due, a deadline set by the 7th Circuit Court of Appeals, the court overseeing the case.

The rule will in short, FMCSA says, improve hours of service compliance and prevent 1,844 crashes a year and save 26 lives annually. Moreover, the agency contends its rule does not violate truckers' constitutional rights to privacy, as the Owner-Operator Independent Drivers Association charges in its lawsuit.

FMCSA had 60 days to file a response to OOIDA's complaint, but it received a two week-extension, giving the agency and its legal team until June 15 to file a brief with the court.

The agency distilled its arguments for the mandate into six key points:

1. The rule was required by Congress, the agency says. The mandate requires nothing further than what Congress asked of the agency, FMCSA argues.
2. ELDs are more reliable at tracking hours of service than paper logs and will "increase compliance" with hours regulations, the agency says.
3. The agency has shored up the trucker harassment concerns that caused the court the toss out the prior ELD mandate, FMCSA says.
4. The rule will reduce crashes, according to FMCSA's cost-benefit analysis.
5. Drivers' personal data and records are protected in adjudication processes, including when drivers file complaints against carriers.
6. ELDs do not violate illegal search and seizure protections.

October 4	Green Bay, WI
October 4	Erie, PA
October 5	Butler, PA
October 5	Columbia, SC - <b>NEW!</b>
October 6	Cleveland, OH
October 12	Chicago, IL

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