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March 8th, 2019

Registration Is Now Open Online for the 2019 Idealease / NPTC Safety Seminars



Warmer Weather is Approaching

The forecast for this weekend is that a winter storm will bring additional snow and cold weather to the Midwest. Minneapolis to date has had over five feet of snow this season! However, warmer weather is coming, and we all need to start preparing for the challenges that Spring brings:

Driving Under the Influence - Of Allergy Medicine

Spring will arrive on Wednesday March 20th in the U.S., bringing along a slew of seasonal allergies. Experts suggest that the 2019 allergy season could be more severe in comparison to previous years.

With allergy season officially starting, you should be aware that some over-the-counter allergy drugs can seriously impair your ability to drive a Commercial Motor Vehicle (CMV).

University of Iowa researchers who tested allergy sufferers in a driving simulator found that the antihistamine diphenhydramine (found in many allergy and cold medications) significantly impaired a driver's ability to follow, steer, and maintain the correct lane. The study showed that diphenhydramine has more significant impact on driving performance than alcohol does.

[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



Researchers said that of the 39 million Americans who suffer from hay fever and allergies only 4.8 million take prescription medications. The remainders of these folks go without treatment or take over-the-counter medications. These medications may be effective, but they often come with warnings stating drowsiness may occur and

to use caution when driving a motor vehicle or operating machinery.

Researchers say even if you don't feel drowsy on allergy medications, you can still be impaired.

When drivers take over the counter medications, they often forget that the medication has effects on their cognitive and motor abilities. It doesn't usually cross their minds that they are taking a drug and will be impaired. Even if they read the warning, it's common to assume that it only applies a few certain people and that "do not operate heavy machinery" means farm equipment or tractors, forgetting that CMV's should be included as well. Also, many drugs carry warnings about drowsiness or dizziness that people ignore. However, this is a serious problem that leads to thousands of vehicle crashes each year. The danger of getting behind the wheel of a CMV when a driver is too tired to drive can be fatal.

Drugs impair our bodies in a variety of ways. They may blur our vision; make us tired or too excited; alter depth perception; make us see or hear things that may not be there; raise or lower blood pressure; react too quickly, too slowly, or not at all. They cause problems with concentrating on the task at hand. These problems can result from taking any type of drug: illegal, prescription or over-the-counter. When our brain function is altered, our muscle and nerve function changes.

Antihistamines - which block allergic reactions - slow down reaction time and impair coordination.

Over-the-counter decongestants can cause drowsiness, anxiety, and dizziness. Drowsy driving is responsible for an estimated 100,000 traffic crashes and about 1,500 deaths every year, according to the National Highway Traffic Safety Administration (NHTSA).

Common prescription drugs (including medications to treat allergies, pain, diabetes, high blood pressure, cholesterol, ulcers, depression, anxiety disorders, and insomnia) can cause drowsiness, affect vision and other skills that can be serious hazards on the road.



Tranquilizers, sedatives, and sleeping pills slow down the central nervous system causing drowsiness and diminished reaction time and impairing the ability to concentrate.

Over-the-counter drugs such as cold and cough medicines, antihistamines, drugs to prevent nausea or motion sickness, pain relievers, decongestants, and diuretics can cause drowsiness or dizziness that can impair a driver's skills and reflexes.

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
4/17/2019	Ventura, CA
4/18/2019	San Leandro, CA
4/23/2019	Portland, OR
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

9/12/2019	Nashville, TN
10/15/2019	Reno, NV
10/22/2019	Salt Lake City, UT
10/23/2019	Modesto/Turlock, CA
TBD	Chicago, IL
TBD	Lexington, KY
TBD	Springfield, IL
TBD	San Leandro, CA
TBD	Eugene, OR
TBD	Green Bay, WI
TBD	Erie, PA
TBD	Louisville, KY
TBD	Kelowna, BC
TBD	Everett, WA
TBD	Chattanooga, TN



Daylight Savings Time Begins This Sunday, March 10 (Except for AZ and HI)

Start now to make sure your drivers are aware of the change to daylight savings time in two weeks. Caution route drivers especially that the amount of daylight will change according to their stops with the change.

Also, remember to change the batteries in smoke alarms and carbon monoxide detectors as well.

Some drugs may make you feel alert and confident in your driving. In reality of the situation may be quite different. Drugs can fool you into believing you are in control of your driving when you are, in fact, impaired.

Here is a partial list of legal drugs that can - in the right amount - impair your ability to drive:

Anti-anxiety medication
 Amphetamines
 Barbiturates
 Stimulants
 Narcotic pain medications
 Allergy medicines
 Blood sugar medicines
 Antidepressants
 Tranquilizers
 Blood pressure medicines
 Motion sickness medication
 Ulcer medication
 Antibiotics
 Anti-seizure medicines
 Paregoric
 Anti-nausea medicine
 Sedatives
 Cough syrups
 Alcohol-containing medicines
 Caffeine-containing medicines
 Decongestants



To avoid harming yourself or others, partner with your physician and pharmacist to learn information regarding your medication's side effects, and what drugs are usually safe to combine-especially behind the wheel. Never take more than the prescribed dose, or take anyone else's medicine. Ask for non-sedating forms of your prescriptions if you are a professional driver. Allow your body time to adjust to new medications before you drive. Most importantly, each of us is responsible for knowing the signs and symptoms of being drug impaired before we get behind the wheel of any vehicle.

For more information including side effects of any drug [Click Here](#).

National Work Zone Awareness Week: April 8-12

National Work Zone Awareness Week (NWZAW) is an annual spring campaign held at the start of construction season to encourage safe driving through highway work zones and construction sites. The key message is for drivers to use extra caution in work zones. For more information [Click Here](#).

Learn more about the history of NWZAW, including previous kickoff event host states, themes, posters, and more by [Clicking Here](#).

Frost Laws in 16 states and 9 Provinces

Most sleep experts recommend a minimum of 7 hours of sleep a night. Many people sleep an average of 40 minutes less Sunday night, March 10 after Daylight Saving Time returns. Plan to avoid being sleepy. Sleep in Sunday morning and nap Sunday afternoon.



Saint Patrick's Day Drunk Driving Prevention: March 17, 2019

St Patrick's Day is one of the deadliest holidays on our nation's roads. During the 2013-2017 St Patrick's Day holiday period (6 pm March 16 to 5:59 am March 18), 234 lives were lost due to drunk-driving crashes.

Buzzed Driving is Drunk Driving

In 2017, drunk driving killed more than 10,000 people in our country, and every single one of those deaths was preventable.

These marketing tools can be used to fit your needs and objectives while, at the same time, partnering with other States, communities, and traffic safety organizations on this drunk driving prevention initiative.

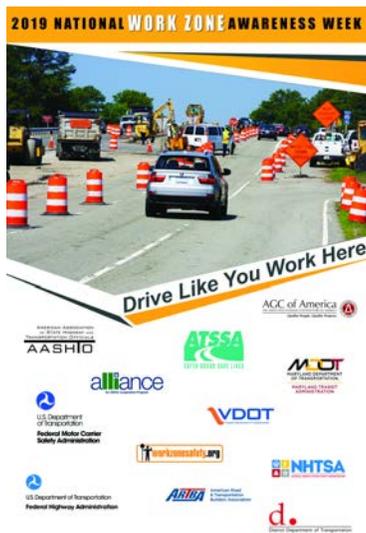
New 2019 campaign materials include:

- Updated infographics
- Updated social media messaging

[Click Here](#) to get your campaign materials now.



Click Below to Register Your Employees for the Safety Bulletin or View Archives of Past Bulletins



Spring weather often creates driving challenges. Specifically, the change in ground temperature can damage roads and vehicles and result in "roller coaster" rides from "wavy roads."

Consequently, motor carriers need to monitor the many state and provincial spring weight restrictions or risk damage to the road and/or the rig. **Be ready for an alternate route.**

In order to preserve the integrity of the roadways, many states impose seasonal weight restrictions as early as late February and some lasting into May.

As



drivers travel through regions that are experiencing spring thaws, they need to watch for posted signs indicating allowable weights. Signs may also indicate a reduced speed limit.

Trip planning may involve visiting some state websites to know if a specific highway is accessible to your vehicles. In addition, if a driver comes upon a weight restriction, he or she will need to find an alternative route, possibly contacting dispatch for assistance.

To ignore postings may result in more than just fines. It may result in damage to the roads, your vehicle, and/or cargo, and could result in an accident if the roadway is difficult to maneuver.

To view the laws in states and provinces [Click Here](#).

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