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June 5, 2020

CVSA "Operation Safe Driver Week" to Go on As Scheduled

The Commercial Vehicle Safety Alliance's 2020 will go on as scheduled July 12-18.

According to CVSA, the focus of the week-long enforcement effort will be to control excessive speeding by commercial motor vehicle drivers. The group noted that despite there being far fewer vehicles on the road due to COVID-19 stay-at-home orders, many jurisdictions are seeing a severe spike in speeding.

[Click here to learn more.](#)

What Are You Doing to Protect Your Employees from Heat Stroke and Exhaustion?

Saturday June 20th is the first day of summer and the HEAT is already on over a wide area of North America. Now is the time to make sure your employees are aware of the signs of 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 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, obesity, depression, insomnia, and fever. Over the counter drugs can also

contribute to a greater risk for these conditions.

Next week we will discuss how HEAT impacts the operation of your truck!

ALL HEAT-RELATED ILLNESSES ARE PREVENTABLE

Heat Exhaustion and Heat Stroke

Heat Exhaustion Symptoms:

- Faint, light headed, dizzy
- Excessive Sweating
- Clammy, cool, pale skin
- Nausea or vomiting
- Rapid, weak pulse
- Muscle cramps

Prevention:


- Stop physical activity
- Drink cool water
- Get to a cool place (preferably air conditioned) and use a fan
- Take a cool shower or use cold compresses

Heat Stroke Symptoms:

- Headache, confusion
- No Sweating, red hot/flushed skin
- Body temp 103F or more
- Difficulty breathing
- Nausea or vomiting
- Rapid, strong pulse
- May lose consciousness, seizures

CALL 9-1-1

- Or go straight to hospital
- Take immediate action to cool



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



Idealease and the National Private Truck Council NPTC will again be hosting safety seminars in 2020. The one-day seminar this year will focus on new safety technologies available on trucks today, basic safety and compliance, regulation changes, load securement and CSA. 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.



Spring Dates

7/22/2020 Santa Rosa, CA

Fall Dates

9/23/2020 Brantford, ON
 9/23/2020 Indianapolis, IN
 9/29/2020 Fort Wayne, IN
 10/1/2020 Oklahoma City, OK
 10/7/2020 Eugene, OR
 10/13/2020 Charlottesville, VA
 10/20/2020 Dallas, TX
 10/22/2020 Birmingham, AL
 10/29/2020 Phoenix, AZ

Please [Click Here](#) to view a schedule of Safety Seminars offered.

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.



Get out the Sunglasses: July is UV Safety Awareness Month

During the summer there is usually a lot of emphasis on protecting skin from UV rays. But you shouldn't forget about protecting the eyes—the most exposure to bright sunlight increases the risk of developing cataracts,

macular degeneration, and growths on the eye including cancer.

July is UV safety awareness month. However, while sitting behind the wheel of a CMV, your eyes are especially at risk to UV rays all year round. This makes it important to protect the eyes from UV rays in all situations by wearing proper eye protection such as UV blocking sunglasses.

Here are some tips from the American Academy of Ophthalmology:

- Don't focus on color or darkness of sunglass lenses: Select sunglasses that block UV rays. Don't be deceived by color or cost. The ability to block UV light is not dependent on the price tag or how dark the sunglass lenses are.
- Check for 100 percent UV protection: Make sure your sunglasses block 100 percent of UV-A rays and UV-B rays.
- Choose wrap-around styles: Ideally, your sunglasses should wrap all the way around to your temples, so the sun's rays can't enter from the side.
- Wear a hat: In addition to your sunglasses, wear a broad-brimmed hat to protect your eyes.
- Don't rely on contact lenses: Even if you wear contact lenses with UV protection, remember your sunglasses.
- Don't be fooled by clouds: The sun's rays can pass through haze and thin clouds. Sun damage to eyes can occur anytime during the year, not just in the summertime.
- Protect your eyes during peak sun times: Sunglasses should be worn whenever outside, and it's especially important to wear sunglasses in the early afternoon and at higher altitudes, where UV light is more intense.
- Never look directly at the sun. Looking directly at the sun at any time, including during an eclipse, can lead to solar retinopathy, damage to the eye's retina from solar radiation.
- Don't forget the kids: Everyone is at risk, including children.
- Protect their eyes with hats and sunglasses. In addition, try to keep children out of the sun between 10 a.m. and 2 p.m., when the sun's UV rays are the strongest.

FMCSA Publishes Revisions to Driver Hours of Service Rule

The Federal Motor Carrier Safety Administration has published its final rule



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June 10th, 2019

Idealease Fall Safety Seminar Registration is open!

Coming Soon... Federal Motor Carrier Safety Administration (FMCSA) Commercial Driver's License Drug and Alcohol Clearinghouse

An online resource for commercial motor vehicle (CMV) industry stakeholders has been established by the FMCSA in advance of next year's CDL Drug and Alcohol Clearinghouse implementation.

Commercial driver's license (CDL) holders, employers, state driver licensing agencies, medical review officers, and independent alcohol professionals can use the resource webpage to learn more about the clearinghouse implementation, scheduled for January 8, 2020.

This [webpage](#) provides CMV stakeholders with information about the clearinghouse, including a fact sheet, implementation timeline, and frequently asked questions. CMV stakeholders can also sign up to receive clearinghouse-related email updates during the implementation process.

The clearinghouse will be a secure online database that will allow FMCSA, CMV employers, state driver licensing agencies, and law enforcement agencies to identify, in real-time, CDL drivers who have reported federal drug and alcohol testing program requirements.

Congress mandated implementation of the clearinghouse on December 8, 2016, outlining

[Click here to register for a Safety Seminar at your site](#)

Idealease and the National Private Truck Council (NPTC) will be having a safety seminar again in 2019. The one-day seminar this year will focus on new safety technologies available on trucks today, new **Safety and Compliance** regulations, changes and CDL. The seminar will be presented in 10 languages. Additional content will be offered at an additional charge. The seminar provides important information applicable to both the truck and equipment transportation professionals.

Fall Seminars
 8/22/19 San Leandro, CA
 9/12/19 Nashville, TN
 9/17/19 Louisville, KY

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Your Driver's Performance

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SUBMIT

revising the driver hours of service regulations. [85 Fed. Reg. 33396](#) (June 1, 2020).
The new regulations will go into effect on September 29, 2020.

The final rule makes changes in four areas:

1. It revises the 30-minute break rule by requiring a break after 8 hours of driving rather than 8 hours on duty and allowing the break to be satisfied by a driver using on-duty, not driving or sleeper berth status, rather than off-duty status.
2. The rule modifies the sleeper-berth exception to allow drivers to split their required 10 hours off duty into two periods: an 8/2 split and a 7/3 split—with neither period counting against the driver's 14-hour driving window.
3. The rule modifies the adverse driving conditions exception by extending by 2 hours the maximum window during which driving is permitted.
4. It changes the short-haul exception available to certain commercial drivers by lengthening the drivers' maximum on-duty period from 12 to 14 hours and extending the distance limit within which the driver may operate from 100 air miles to 150 air miles. These drivers will be exempt from the requirements for driver logs and Electronic Logging Devices and the 30-minute break requirement.

The FMCSA did not adopt in the final rule its proposal to allow a single off-duty period of up to 3 hours to be excluded from the 14-hour driving window. The agency noted commenters' concerns about the potential for unintended consequences associated with actions by employers, shippers and receivers that might be contrary to drivers' interests, and said the issue deserves further study.



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