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## SAFETY BULLETIN



## 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



July 20, 2018

### FMCSA Notice on the National Registry of Certified Medical Examiners

## NATIONAL REGISTRY

OF CERTIFIED  
MEDICAL EXAMINERS

NationalRegistry.fmcsa.dot.gov

There are more than 58,000 certified medical examiners on the National Registry that currently perform medical exams on commercial truck and bus drivers. These certified medical examiners conduct physical qualification examinations and issues Medical Examiner's Certificates (MEC), Form MCSA-5876 to qualified drivers.

Due to a recent unsuccessful attempt to compromise the National Registry of Certified Medical Examiners (NRCME) website, The Federal Motor Carrier Safety Administration (FMCSA), has enacted an effort to stabilize the NRCME website, as well as secure the data, and privacy of drivers and medical examiners. There are several key features available on the National Registry. First and foremost, after the attempted breach of the website, healthcare professionals wishing to become a certified medical examiner listed on the National Registry

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 Vision Standard for CMV Drivers

Safe driving requires a combination of good vision, adequate visual field, ability to spread attention over the field of view, and motor skills. While protecting your eyes from UV is important, let's not forget about how well you need to be able to see overall. Visual inputs are essential for driving a commercial motor vehicle (CMV). It is difficult to provide rigorous scientific evidence for the level of vision required for safe driving because driving is a highly complex task. Currently, the FMCSA provides guidance with their vision standard that requires drivers to have:

- A distant visual acuity of at least 20/40 in each eye without corrective lenses or visual acuity separately corrected to 20/40 or better with corrective lenses;
- A distant binocular acuity of at least 20/40 in both eyes with or without corrective lenses;
- A field of vision of at least 70 degrees in the horizontal Meridian in each eye;
- The ability to recognize the colors of traffic signals and devices showing standard red, green, and amber.

## Can I wear contact lenses to do the vision test?



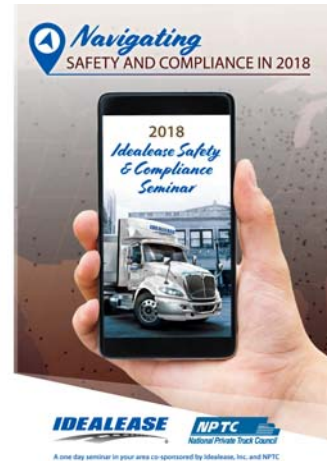
You are permitted to wear contact lenses provided you're used to wearing them and have a good tolerance for wearing contacts. Be aware that monovision is a disqualification, so use of a contact lens in one eye for distant visual acuity and another lens in the other eye for near vision is not acceptable.

## I am legally blind in one eye from an injury? With

are once again able to register. Recently, the FMCSA released a static look-up function that allows both State Driver's Licensing Agencies (SDLA) and employers to check the validity of medical cards. Additionally, the FMCSA recently corrected erroneous email notifications that were sent to certain medical examiners incorrectly stating that they would be removed based on out-of-date information.

## Navigating Safety and Compliance in 2018

Idealease and the National Private Truck Council (NPTC) will again be hosting safety seminars in 2018. The one day seminar this year will focus on the new Electronic Logging Device (ELD) regulation, basic safety and compliance, regulation changes and CSA. The seminars 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. To register for an upcoming seminar in 2018, [Click Here](#).



## Fall Seminars (Sept-Nov)

8/9/2018	Santa Rosa, CA
9/19/18	Fort Wayne, IN
9/25/2018	Dallas, TX
9/26/2018	Houston, TX
10/4/2018	Moncton, NB

## documentation from my eye specialist, can I pass the DOT physical?

This type of injury will require documentation. If you are going to drive only within your state borders, it will be easier. Just check with your DMV to see what the states rules and regulations are. To pursue an interstate medical card will require an exemption that you can only get from the FMCSA.

## Can I still get a medical certificate if I have a medical condition that is being treated by a physician?

The decision is made by the Medical Examiner. The examiner may request information about the driver's condition from their treating doctor. In general, certification is permitted if the driver does not have a condition, use medication or receive treatment that impairs safe driving.



## May a driver who has non-insulin treated diabetes mellitus (treated with oral medication) be certified for 2 years?

In all cases, clinical judgment is required. The Medical Examiner decides if the driver's diabetes is adequately controlled, which determines certification, length of certification or disqualification. FMCSA guidelines recommend performing annual examination for vision, neurological function and cardiovascular disease, including hypertension. In general, the diabetic driver should have annual re-certification examinations.

10/10/2018	Nashville, TN
10/16/18	Kansas City, MO
10/24/2018	Modesto/Turlock, CA
10/25/18	Oklahoma City, OK
11/7/2018	San Leandro, CA



## FMCSA Withdraws Proposed Compliance Safety Accountability (CSA) Safety Measurement System (SMS) Enhancements

The Federal Motor Carrier Safety Administration (FMCSA) announced it is not moving forward with its proposed changes to its Safety Measurement System (SMS) and has removed a preview of the changes from the SMS website.

The proposed FMCSA enhancements to the SMS methodology in a Federal Register Notice on June 29, 2015, included:

- Changes to the intervention thresholds
- Revisions to the Hazardous Materials Compliance BASIC methodology
- An increase in the maximum Vehicle Miles Traveled used in the Utilization Factor.
- Stakeholders were given 30 days to comment to the proposed enhancements.
- In a second Federal Register Notice on October 5, 2016, FMCSA:
  - Announced a preview of the proposed enhancements to the SMS website
  - Responded to comments to the June 2015 Notice
  - Advised stakeholders of additional enhancements.



The agency found itself at a standstill when it came up against a provision in the Fixing America's Surface Transportation Act (FAST Act). It required the National Research Council of the National Academy of Sciences (NAS) to conduct a study of FMCSA's Compliance, Safety, Accountability (CSA) program and SMS. NAS published its report, "Improving Motor Carrier Safety Measurement," on June 27, 2017.

FMCSA accepted the recommendations contained in the report, including the suggestion to develop a new statistical model to support the SMS. FMCSA has indicated it working to implement the recommended changes. The NAS cautioned the agency against making changes to the algorithm based on ad hoc analysis and instead to rely on the Item Response Theory model.

Due to the ongoing implementation of the NAS recommendations, FMCSA made the decision to remove the preview from the SMS website and withdraw the proposed changes at this time.

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