Coming Soon… Federal Motor Carrier Safety Administration (FMCSA) Commercial Driver’s License Drug and Alcohol Clearing House

June 10th, 2019

Idealease Fall Safety Seminar Registration is open!

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 to both the novice and experienced transportation professionals.

Fall Seminars

8/21/2019     San Leandro, CA
9/12/2019     Nashville, TN
9/17/2019     Louisville, KY

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 substance abuse professionals can use the resource webpage to learn more about the clearinghouse implementation, scheduled for January 6, 2020.

The website 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 violated federal drug and alcohol testing program requirements.

Congress mandated implementation of the clearinghouse on December 5, 2016, outlining...
June 21st is the First Day of Summer; the Heat is Coming!

It might have been a cold wet spring, but summer heat will be here soon. 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 your 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.

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