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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 Clearing House**

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



[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

the roles and responsibilities of those who will be required to use it.  
Other key dates include:

- Fall 2019: Users can begin registering accounts to allow access once the clearinghouse becomes operational
- January 6, 2020: Mandatory use of the clearinghouse to report and query information about driver drug and alcohol program violations goes into effect
- January 23, 2023: Employers must query the clearinghouse to satisfy the employer requirement to identify prospective drivers who have committed drug and alcohol program violations

9/18/2019	Green Bay, WI
9/19/2019	Springfield, IL
10/3/2019	Erie, PA
10/8/2019	Chicago, IL
10/8/2019	Everett, WA
10/9/2019	Eugene, OR
10/15/2019	Reno, NV
10/22/2019	Salt Lake City, UT
10/23/2019	Lexington, KY
10/23/2019	Modesto/Turlock, CA
TBD	Kelowna, BC
TBD	Chattanooga, TN

## 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.



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### SIGN UP FOR SAFETY BULLETINS

Email \*

First Name \*

Last Name \*

Job Title \*

Company \*

**SUBMIT**



**PROACTIVE**  
**REACTIVE**

November 30th, 2018

Don't Crowd the Plow

**Proactive vs. Reactive Safety and Loss Control Program**

At the end of the year you should be evaluating your safety and loss control program to determine your performance over the year. Where do you stand compared to last year and the year before?

Ongoing analysis programs are vital to a proactive and productive safety and loss control program. It always amazes me that companies cannot tell me what their accident frequency rate is and how it compares to years past. Accident frequency should be determined throughout the year so there is time to react to potential trends and be proactive in controlling losses. Accident frequency rates can be calculated by multiplying the total number of accidents for a period by one million and then dividing by the total number miles for the same period.

Accident frequency rates can be determined for DOT recordable, preventable, non-preventable, by region, by fleet, driver supervisor, injury, etc. However, accident frequency rates are just one piece of the overall safety analysis program that is often to provide you with a sense of direction of where your program is going. Other areas of your internal analysis program should include driver turnover frequency, DOT violation analysis (hours of service, drug and alcohol, driver fit, OSHA violations, workers compensation injuries, etc.). Another analysis tool that you should review monthly is your CSA (DMS) data provided to you by the

Most of the bulletins this week will emphasize another important issue again. During winter storms, snowplows will be out on the road to clear the roads. These high priority vehicles are essential for those who know for safety. Observe these tips to help with what you're doing as a driver or operator on their job.

Keep well back from snowplows.

These drivers can't see directly behind their trucks, sometimes they look side to side as they go with a little wiggle with a shoulder or plow. You can't see them if you're in the plow's lane. They are not looking behind them.

Know where the snowplow is on a multi-lane highway.

The plow could be in either lane, or on the shoulder. Watch for snowplows in residential areas and neighborhoods outside city limits.

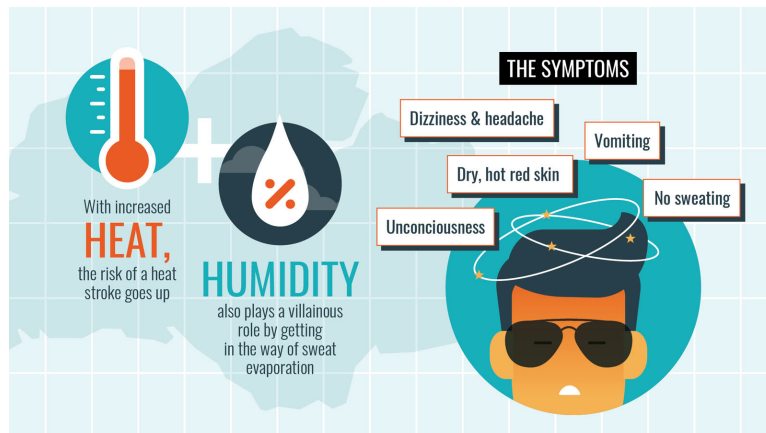
Never drive through a snowplow or without clearance.

You can't see if each condition is checked by someone else. It's a trap, so be patient. Observe!

- 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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**Our mailing address is:**  
430 North Rand Road  
North Barrington, IL 60010