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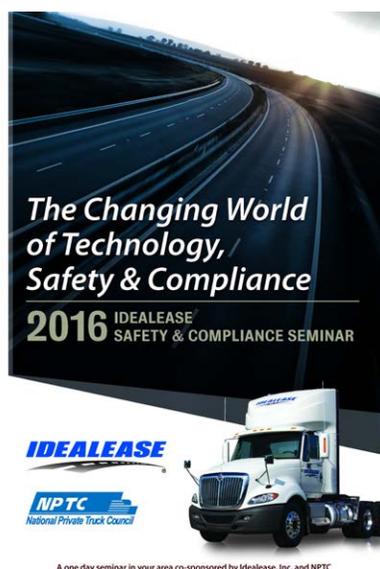
SAFETY BULLETIN

Registration is Now Open online for the 2016 Idealease/NPTC Safety Seminars!



The Changing World of Technology, Safety & Compliance

Idealease and the National Private Truck Council NPTC will again be hosting safety seminars in 2016. The one day seminar this year will focus on the new Electronic Logging Device (ELD) regulation, basic safety and compliance, regulation changes and CSA. In addition, this year attendees will receive the mandatory two hour Drug and Alcohol supervisor training as part of the seminar. 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 2016 [click here](#)



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847-304-3190

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How is your Overhead?

Overhead Damage.....
 How not to make a convertible out of your Truck or Trailer!!!

An overhead damage accident is an act that can be prevented in causing damage to the roof, sides, front and rear of a body or trailer!

See below for some helpful tips!

Date	Location	Date	Location
17 - March	Memphis, TN	28 - April	New Windsor, NY
23 - March	Santa Rosa, CA	28 - April	Cedar Rapids, IA
29 - March	Shreveport, LA	3 - May	Kansas City, MO
30 - March	Dallas, TX	3 - May	Lexington, KY
30 - March	Atlanta, GA	5 - May	Salt Lake City, UT

12 - April	Wausau, WI	5 - May	Aurora, CO
13 - April	Green Bay, WI	10 - May	Everette, WA
14 - April	Madison, WI	12 - May	Moncton, NB
14 - April	Lodi, CA	7 - June	Springfield, IL
19 - April	Fort Myers, FL	23 - June	San Leandro, CA
20 - April	Tampa, FL	20 - September	Lafayette, IN
21 - April	Orlando, FL	22 - September	Santa Barbara, CA
26 - April	Baltimore, MD	4 - October	Erie, PA
27 - April	Harrisburg, PA	5 - October	Butler, PA

February is Heart Month: Are You at Risk for Heart Disease?

During the month of February, Americans see the human heart as the symbol of love. February is American Heart Month, a time to show yourself the love. Learn about your risks for heart disease and stroke and stay "heart healthy" for yourself and your loved ones.



Cardiovascular disease (CVD)—including heart disease, stroke, and high blood pressure—is the number 1 killer of women and men in the United States. It is a leading cause of disability, preventing Americans from working and enjoying family activities. CVD costs the United States over \$300 billion each year, including the cost of health care services, medications, and lost productivity.

[Click here](#) for more information

Recognizing A Stroke

Sometimes symptoms of a stroke are difficult to identify. Unfortunately, the lack of awareness spells disaster. The stroke victim may suffer severe brain damage when people nearby fail to recognize the symptoms of a stroke.

Now doctors say a bystander can recognize a stroke by asking three simple questions:

S *Ask the individual to SMILE.

T *Ask the person to TALK and SPEAK A SIMPLE SENTENCE (Coherently) (i.e. It is sunny out today)

R *Ask him or her to RAISE BOTH ARMS.

If he or she has trouble with ANY ONE of these tasks , call emergency number immediately and describe the symptoms to the dispatcher.

New Sign of a Stroke ----- Stick out Your Tongue Ask the person to 'stick' out his tongue.. If the tongue is 'crooked', if it goes to one side or the other, that is also an indication of a stroke.

How is your Overhead?

Overhead Damage.....How not to make a convertible out of your Truck or Trailer!!!

An overhead damage accident is an act that can be prevented in causing damage to the roof, sides, front and rear of a body or trailer!

Here are some tips for drivers to prevent this type of damage:

- When you call your customer for directions into their facility, realize that the person giving you directions drives there every day in a car. They may never think that the bridges and over passes that you will come across will not be high enough for your truck. Specifically ask them if the directions they have given you are on a truck route. Also ask if there are any low clearances. No matter what information you receive and proceed with caution, as only you are responsible for the damage that will be caused.
- Overhead clearances are posted in advance of most underpasses and tunnels, but keep in mind that they may have just put 2" of new asphalt on the road. Be alert for new road construction in front of underpasses, bridges and tunnels.
- Just because other trucks are going through doesn't mean that you will fit through the bridge, tunnel, etc.
- If a marked or unmarked overpass looks low, slow down immediately, put on your four way flashers, ease up to the overpass, stop and check your actual clearance.
- Many bridges and overpasses are not perfectly straight; the sides are often lower than the center. Cross under in the inside lane.
- If possible take a look at the road elevation on the other side of the bridge to see if there is a sharp incline or decline. Either of these situations could cause trouble as you may fit under and as you exit the body or trailer will be driven up into the bridge due to the road elevation.

- In the winter snow and ice on the roadway can change the amount of clearance enough to cause damage.
 - If you see that you cannot proceed through the low overhead and the traffic around you is congested, you are better off to call the police and get assistance in backing out of the situation vs. backing against traffic and causing an accident.
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Our mailing address is:

430 North Rand Road
North Barrington, IL 60010