

In This Issue:

Are you driving with "Tunnel Vision" this winter?
Prescription Drugs and Commercial Motor Vehicle Operation Do Not Always Mix
How often is a motor carrier required to review the motor vehicle record of a driver that operates a commercial motor vehicle?
Idealease/NPTC Safety Seminar Registration

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SAFETY BULLETIN



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Brought to you by Idealsafe
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News:

February is Heart Month

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

Are you driving with "Tunnel Vision" this winter?

Tunnel vision occurs when a driver scrapes off only a small area of ice and/or snow on their vehicle windshield to allow just enough space to see through a small hole as they drive.

This practice significantly reduces a driver's field of vision and greatly increases their risk of collision. The Kansas Highway Patrol estimates that drivers who do not clear their entire windshield of ice, snow and fog limit their field of vision to only about 2 to 3 percent of what a driver with a clear windshield can see.

In a recent survey conducted by the Center for Safe Driving found that more than 50 percent of drivers admitted to not fully clearing snow or ice from the windows of their vehicles. As a countermeasure, many

states have enacted laws requiring drivers to make reasonable efforts to remove snow or ice from their vehicles, and numerous law enforcement personnel across the country are planning to target drivers who do not clear their windshields this winter. As part of your pre-trip inspection you should make sure that the windshield, side windows and mirrors are clear of any snow, ice or fog before starting your route or trip. Another dangerous situation that exists is chunks of snow or ice flying off the top of your vehicle and landing on other vehicles behind you. These chunks can be quite heavy and become dangerous projectiles that can cause crashes, injuries, and deaths. If heavy snow is forecasted it is recommended that you pull your unit away from the dock or terminal building so a drift of snow does not build up from the roof of the building to the top of your trailer or truck. As a professional driver, it is important to recognize this unsafe act in other drivers and be prepared to avoid a collision and stay out of their way.

Prescription Drugs and Commercial Motor Vehicle Operation Do Not Always Mix

Recently we have seen in the news where an actor has died of an overdose of prescription drugs and a doctor is on trial for the death of a famous musician who died as a result of an overdose of a prescribed medication.



As managers of commercial drivers we need to be aware of the medications that our drivers are taking as they may have a direct effect on their driving skills and operation of a CMV. Prescription medications have increased substantially in the last 50 years. In 1950, on average each person had two prescriptions dispensed per year. In 1994, 7.9 on average and in 2012 increased to 12.0. It is also alarming to see that Hydrocodone an opiate based painkiller was the largest single prescription dispensed in 2004 at 92.7 million prescriptions. Incidentally, this is one of the five drug groups that are tested for in the FMCSA Controlled substance-testing program.

So what can you do to guard against prescription drug use in your vehicles?

1. Communicate with the drivers and be aware of their physical condition. If you know that a driver has been injured on or off of work, talk to the driver to see if medications have been prescribed.



Register Now for the 2016 Idealease/NPTC Safety Seminar

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 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.

[Click Here](#) to register

2016 Idealease Safety Seminar Schedule:

March 17	Memphis, TN
March 23	Santa Rosa, CA
March 29	Shreveport, LA
March 30	Dallas, TX
March 30	Atlanta, GA
April 12	Wausau, WI
April 14	Madison, WI
April 14	Lodi, CA
April 19	Fort Myers, FL
April 20	Tampa, FL

2. In work related injuries, make sure the examining physician is aware that the employee operates a CMV as part or their entire job. Go to the examining physician's office with your employee.
3. Contact your Medical Review Officer for your drug and alcohol-testing program for assistance in reviewing the prescription medication.

Develop a relationship with your medical care providers so they have an understanding of your employee's job requirements.

How often is a motor carrier required to review the motor vehicle record of a driver that operates a commercial motor vehicle?

The Federal Motor Carrier Safety Regulations requires a motor carrier qualifying a new driver to obtain and review the motor vehicle record of the driver within 30 days of the date of hire CFR 391.23. As a Better Business Practice it is recommended that the Motor vehicle record be obtained and reviewed prior to making an offer of employment to the driver applicant.

After the driver is qualified the regulations require that at least once every 12 months that the motor carrier make an inquiry into the driving record of each driver it employs, covering at least the preceding 12 months, to the appropriate agency of every State in which the driver held a commercial motor vehicle operator's license or permit during the time period CFR 391.25.

Effective January 30, 2015 when a driver renews a medical certification the motor carrier must obtain a new MVR for the state of licensure with the medical certification information on the MVR.

So how will a carrier verify that a driver is physically qualified? This is done by obtaining a copy of the driver's driving record and including it in the driver's qualification file. Do keep in mind that in addition to the current requirement that motor carriers obtain and review each driver's driving record once a year, motor carriers will also have to make sure the driver's record includes valid and current medical certificate/card information.

This means that every time a medical certificate/card is renewed and turned in to the driver licensing agency, the motor carrier will need to obtain a new driving record that reflects this current information and place it in the driver's qualification file.

The motor carrier will need to take timing into account when obtaining

April 21	Orlando, FL
April 26	Baltimore, MD
April 27	Harrisburg, PA
April 28	New Windsor, NY
April 28	Cedar Rapids, IA
May 3	Kansas City, MO
May 3	Lexington, KY
May 5	Salt Lake City, UT
May 5	Aurora, CO
May 10	Everette, WA
May 12	Moncton, NB
June 7	Springfield, IL
June 23	San Leandro, CA
September 20	Lafayette, IN
September 22	Santa Barbara, CA
October 4	Green Bay, WI
October 4	Erie, PA
October 5	Butler, PA

the new MVR that reflects the driver's current medical status. Once a driver turns in his/her medical certificate/card to the state licensing agency, the state has 10 days to enter this information into the driver's driving record. During this time period the motor carrier must keep a copy of the driver's medical certificate/card in the driver's qualification file. Regulations allow a motor carrier to maintain this copy of the certificate/card as proof of medical qualification for a maximum of 15 days from the date it was issued.

The original motor vehicle record that was used to qualify the driver shall be retained for the duration of employment and 3 years after termination. The motor vehicle records obtained annually after hire can be purged from the files 3 years after the date of issuance.

If a Commercial Vehicle driver had the following violations.....

The likelihood of the driver being in an accident is increased by:

Accident / Violation Type	Increased Percentage%
Reckless Driving violation	325%
Improper Turns violation	105%
Improper or Erratic Lane Change conviction	100%
Failure to Yield Right of Way conviction	97%
Improper Turn conviction	94%
Failure to Keep in Proper Lane conviction	91%
Improper Lane Change violation	78%
Failure to Yield Right of Way violation	70%
Driving Too Fast for Conditions conviction	62%
Any conviction	56%
Speeding more than 15 miles over Speed Limit conviction	56%
Reckless / Careless / Inattentive / Negligent Driving conviction	53%
Following too closely conviction	50%
Improper Lane / Location conviction	47%
Any moving violation	41%
Following too close violation	30%
Speeding violation	35%
Failure to Obey Traffic Control Device Violation	30%

Registration is now open online for the 2016 Idealease/NPTC Safety Seminar!

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To register for an upcoming seminar in 2016 [click here](#)

Date	Location	Date	Location
17 - March	Memphis, TN	28 - April	Cedar Rapids, IA
23 - March	Santa Rosa, CA	3 - May	Kansas City, MO
29 - March	Shreveport, LA	3 - May	Lexington, KY
30 - March	Dallas, TX	5 - May	Salt Lake City, UT
30 - March	Atlanta, GA	5 - May	Aurora, CO
12 - April	Wausau, 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	Green Bay, WI
27 - April	Harrisburg, PA	4 - October	Erie, PA
28 - April	New Windsor, NY	5 - October	Butler, PA

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