



NOVEMBER
SAFETY
LEADERS

Congratulations to this month's Safety Leaders!

Delmar Branson- South Texas
Karl Hoffman- Cedar Rapids, IA
Kyle Nephew- Cedar Rapids, IA
Jefferey Tepen- Wood River, IL
Jonathan Wittmis- North Texas

Eddie Harris- Heavy Haul Divison
Matthew Nell- Cement Division
Stevan Smith- Martins Creek, PA
Bland Warren- Columbus, OH

Keep up the great work!

CSA Score: Driver Fitness

One of the FMCSA's Compliance, Safety, and Accountability (CSA) categories that affects both a company and a driver's safety score is the program titled **Driver Fitness**.

The **Driver Fitness** category is not related to a driver's physical attributes such as age, weight, or flexibility. The primary focus of **Driver Fitness** is to ensure a driver is qualified to operate a commercial vehicle according to the Department of Transportation standards, such as:

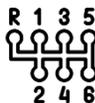
Active CDL (no suspension or downgrade)

Active Medical Card (updated with the driver's state)

Operating within restrictions (Wearing glasses if required; automatic transmission restriction)

As a professional driver, keeping your qualifications in line with the **Driver Fitness** requirements will keep your CSA score low and maintain your status as a qualified driver.

Before you head out on your next trip, take a quick second and "pre-trip" your qualifications. Double check your medical card's expiration date and review your license restrictions to make sure you're operating within them. If you are found by a DOT officer to be operating outside those requirements, you may be placed out of service and receive points that will reflect on your CSA record for up to two years.



Winter Driving Tips

Winter driving can be hazardous and scary, especially in northern regions that get a lot of snow and ice. Additional preparations can help make a trip safer, or help motorists deal with an emergency. Whether you're driving a Commercial Motor Vehicle or driving your personal vehicle with your family this holiday, remember the three P's of safe winter driving:

PREPARE for the trip; **PROTECT** yourself; and **PREVENT** crashes on the road.

PREPARE:

Maintain Your Vehicle: Check battery, tire tread, and windshield wipers, keep your windows clear, put no-freeze fluid in the washer reservoir, and check your antifreeze.

Have on-hand: flashlight, jumper cables, abrasive material (sand, kitty litter, even floor mats), shovel, snow brush and ice scraper, warning devices (like flares), blankets, non-perishable food and water, medication, and cell phone.

Stopped or Stalled? Stay in your truck, don't overexert yourself, shine lights, and if you run your truck, run it just enough to stay warm.

Plan Your route: Allow plenty of time (check the weather and leave early if necessary), be familiar with the maps/directions, and let others know your arrival time.

PROTECT YOURSELF:

* Buckle up!

PREVENT CRASHES:

* Slow down and increase distances between cars.

* Keep your eyes open for pedestrians walking in the road.

* Avoid fatigue – Get plenty of rest before the trip, stop at least every three hours.



December Milestones

We appreciate your work for all these years and many best wishes on the anniversary of your service this November!

Jack Yentzer, 10 years! Camp Hill, PA

Clark Rissmiller, 6 years! Martins Creek, PA

Danielle Dolan, 9 years! Norcross, GA Manager

Bruce Yarbary, 5 years! Commerce City, CO

Attention Drivers: During this holiday week, please remember to submit driver paperwork DAILY to Michelle Murphy. Any paperwork received after 12-28 for week ending 12-27 will most likely be processed a week late so it is important to remember to submit daily.

Distracted Driving

Distracted driving is any activity that diverts attention from driving, including talking or texting on your phone, eating and drinking, talking to people in your vehicle, fiddling with the stereo, entertainment or navigation system—anything that takes your attention away from the task of safe driving.

Texting is the most alarming distraction. Sending or reading a text takes your eyes off the road for 5 seconds. At 55 mph, that's like driving the length of an entire football field with your eyes closed.

Since 2010, the Federal Motor Carrier Safety Administration (FMCSA) officially banned commercial truck from texting while driving. This includes not just sending a text, but reading a text as well. The law states that you're in violation if you so much as pick up the phone, read the text, and put it back down. You cannot drive safely unless the task of driving has your full attention.

Remember: Any non-driving activity you engage in is a potential distraction and increases your risk of crashing.

New Year's Eve Safety

The ringing in of a new year is a time for celebration. It represents a clean slate in many cases. People make resolutions and vow to make changes for the better starting on January 1st. Not surprisingly, December 31st is typically a "last hurrah" of sorts, as the general public prepares to say goodbye to past behaviors. Like most holidays, on New Year's Eve there is an abundance of additional traffic on the roadways. However, add to that large quantities of alcohol often consumed by New Year's Eve party-goers, and you have a dangerous mix on the roadways.

Here are a few suggestions if you find yourself operating on New Year's Eve:

Plan your schedule carefully

If you are responsible for dispatching drivers, keep in mind the additional dangers for drivers on New Year's Eve. Try to schedule appointments early in the day and factor in extra time needed for traveling between appointments. For drivers, try to arrive at your pick-up and delivery appointments as early as possible. That way you can get underway to a safe parking location earlier. And speaking of parking...

Park early

59% of all alcohol-related crash deaths occur between the hours of 9:00 PM and 6:00 AM according to the Insurance Institute for Highway Safety. If at all possible, call it a night and shut down early. For reserved lots, make parking reservations well in advance. If you don't typically pay for parking, consider it this time. The peace of mind of being safely parked before New Year's Eve revelers hit the road may be worth the cost. If you have to search for a safe place to park for the night, begin your search early. Many of your fellow drivers will (rightfully) have the same idea.

Drive defensively

If you must be on the road on New Year's Eve, exercise extreme caution. The National Highway Transportation Safety Administration (NHTSA) estimates between 2001 and 2005, the average number of alcohol-related crash deaths was 36 per day. On New Year's Eve each year, that number climbed to 54 alcohol-related crash deaths. With more cars on the road and a higher rate of alcohol consumption by the general traveling public, your risk of collision is greatly increased. Put the defensive driving techniques you've learned through your training into practice until you can safely park.

As a commercial truck driver, you understand the dangers of driving under the influence of alcohol. There is greater probability of being involved in a collision – not to mention the potential to negatively impact your driving career. But for motorists in general, the consequences of alcohol-related traffic accidents may seem a distant "if." Use precaution to ensure your personal safety by planning accordingly, parking early, and driving defensively and get the New Year off to a safe start.

