

Transportation Safety

Training ADVISOR

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June 2022

Summer Driving & Heat-Related Illness

Prepare your drivers for the challenges of summer

Stay safe in the summer heat

Summer brings driving
challenges

Changes may bring savings
for household goods carriers

Information and resources to help your drivers operate safely



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MESSAGE FROM THE EDITOR

Being responsible for training your company's drivers is a big challenge. In addition to always needing to be on top of changes to regulations and best practices, you also need to find a way to connect with your drivers so that they learn what they need to know.

Consider using driver questions to help you reinforce the important points of the lesson and to help you assess which concepts your drivers might be struggling with.

Follow these guidelines to ensure a successful training session:

- **There's no such thing as a dumb question.** Drivers need to know that you value their questions and won't put them down for asking about something that may seem obvious to others. Make it clear that drivers should be respectful of each other.
- **Attention is essential.** Make sure drivers are not talking while a question is being asked or answered. In addition to being rude, it can be a distraction for those who are trying to learn. Training will go more quickly if everyone is paying attention.
- **Ask, listen, repeat.** When a driver asks a question, listen carefully and then restate the question before you answer it. This will make the asker of the question feel heard, will help you make sure that you correctly understand what is being asked, and ensures that all participants hear the question.
- **Don't fake it.** No one knows everything, so be okay with admitting when you don't know something. Trying to give an answer about something you don't know might result in you giving drivers incorrect information and may undermine your credibility. Tell the group that you will find the answer to the question and follow up with them, and then make sure to do so. ♦





TRAINING BLUEPRINT — SUMMER DRIVING & HEAT-RELATED ILLNESS

Stay safe in the summer heat

Along with the sun and fun of summertime come the dangers of excessive heat. Professional drivers need to watch out for their own safety and take the proper precautions to protect themselves against heat-related illnesses.

Heat index

Over the past several years, summertime forecasts have included references to a heat index. So, what exactly is a heat index, and what does it mean?



The heat index combines both air temperature and relative humidity into a single value that indicates the apparent temperature. A higher heat index poses an increased risk of heat-related illness to anyone who is outdoors.

TIP: Make sure your drivers know who to contact if they become ill while driving. If your company has any specific policies about driver illness while on the road, make sure to review it with your drivers.

Heat-related illnesses

- **Heat fatigue.** Weakness, impaired motor skills, and reduced ability to concentrate are all symptoms of heat fatigue. An individual dealing with these symptoms should take a break in a cooler area. Trying to work through this condition can lead to a more serious heat-related illness.



Heat exhaustion. Headache, nausea, dizziness, weakness, thirst, irritability, heavy sweating, and elevated body temperature are all symptoms of heat exhaustion. An individual who exhibits these symptoms should be taken for medical evaluation and treatment as soon as possible. In the meantime, the person should be taken

to a cool, shaded area and given frequent sips of cool water to drink. Unnecessary clothing (shoes, socks, etc.) should be removed and cold compresses should be applied to the individual's head, neck, and face.

- **Heat stroke.** Heat stroke occurs when the body's temperature regulating system fails and the body's temperature rises to critical levels. Symptoms include



confusion, loss of consciousness, seizures, a very high body temperature, and hot, dry skin or profuse sweating. Heat stroke is a medical emergency that requires an immediate call to 911 for medical help. An individual who suffers from heat stroke should be moved to a cool, shaded area, and should not be left alone. Outer clothing should be removed, and wet towels or ice should be placed on the victim's body.

TIP: Before going over ways to prevent heat-related illnesses, ask your drivers to share strategies they already use for staying cool in hot weather.

Prevention

Avoiding heavy exertion, extreme heat, sun exposure, and high humidity are basic steps drivers can take to prevent heat-related illnesses. In reality, in this 24/7 world we live in, extreme weather conditions cannot always be avoided. In hot weather, drivers should:

- Wear light-colored, loose-fitting, breathable clothing, such as cotton (no synthetics);
- Try to schedule heavy work in the coolest part of the day;
- Take breaks in shaded or cool areas; and
- Drink water frequently.



TIP: Remind your drivers to drink water every time they stop for a meal or rest break. Staying hydrated is especially important in the summer months. ♦



TRAINING HANDOUT — SUMMER DRIVING & HEAT-RELATED ILLNESS

Summer brings driving challenges...

Tourists

Watch for:

- Over-packed vehicles
- Vehicles towing boats, campers, trailers
- Slow-moving vehicles/frequent braking
- Vehicles changing direction without warning
- Out-of-state license plates



Road construction

Watch for:

- Merging traffic
- Reduced speed limits
- Rerouted lanes



Impaired drivers

Watch for:

- Erratic driving
- Varying speed
- Lane deviations



... so be prepared



- Expect the unexpected
- Stay alert and be patient
- Don't tailgate
- Don't speed
- Merge as soon as possible
- Wear your safety belt ♦



TEST YOUR KNOWLEDGE — SUMMER DRIVING & HEAT-RELATED ILLNESS

Directions: Read each statement carefully and mark the best answer.

1. When driving in the summer, you need to watch for:
 - A. Vehicles changing direction without warning
 - B. Slow moving vehicles
 - C. Vehicles towing boats and campers
 - D. All of the above
2. Merge as soon as possible when lanes are closed.
 - A. True
 - B. False
3. Construction zones may present:
 - A. Reduced speed limits
 - B. Merging traffic
 - C. Rerouted lanes
 - D. All of the above
4. Impaired drivers can often be identified by erratic driving.
 - A. True
 - B. False
5. As a professional driver, you should:
 - A. Speed and merge at the last minute
 - B. Tailgate other vehicles
 - C. Be patient and expect the unexpected
 - D. All of the above

NAME: _____ DATE: _____



Changes may bring savings for household goods carriers

Changes to the rules for household goods carriers in 49 CFR Part 375 will streamline documentation and increase efficiency for interstate household goods motor carriers, improve consumer education and protection for individual shippers, and combat fraud.



need to provide the booklet at the same time as the estimate instead of at the time of the order for service, as previously required.

The changes also require the preparation of a new binding or non-binding estimate when the individual shipper tenders additional items or requests additional services.

Some provisions in this rule will result in costs for motor carriers, while other provisions will result in cost savings. The changes are expected to result in a net savings of \$188,000 annually.

The motor carrier efficiencies discussed will not negatively impact shippers, as the services and information received do not change under the final rule, and shippers will incur no additional costs.

FMCSA expects that this rule will result in benefits related to consumer protection and potentially motor carrier fuel savings.

This final rule is effective June 27, 2022. ♦

Important changes in this final rule:

- Allow for virtual surveys of household goods;
- Require motor carriers to conduct surveys beyond a 50-mile radius;
- Remove the requirement for an order for service;
- Update the requirements in the bill of lading;
- Require the bill of lading to be provided earlier in the moving process;
- Replace the requirement for a freight bill with an invoice; and
- Require all motor carriers that have a website to prominently display a link to FMCSA publication FSA 03005, *Ready to Move?*

Provisions incorporated from FMCSA guidance published in 2011 clarify that:

- An individual shipper may never be required to sign a blank document, and
- The shipper may be required to sign an incomplete document only when it is missing certain information that cannot be determined before the document must be signed.

An updated version of the *Your Rights and Responsibilities When You Move* booklet will now appear in Appendix A to Part 375. Motor carriers will



Correction notice: Last month's newsletter incorrectly stated that FMCSA fines increased by 1.06 percent. Fines actually increased 6.22 percent. We apologize for the error. ♦

Proposed HHS changes to testing of oral fluids and urine could impact motor carriers' DOT drug testing programs

The Department of Health and Human Services (HHS) has published a request for comments on proposed changes to the Mandatory Guidelines for testing of oral fluids and urine. These proposed changes to HHS drug testing guidelines, if implemented, would have no immediate effect on the drug testing procedures used by the Department of Transportation (DOT). The DOT must follow HHS testing requirements, however, so if the proposed changes are issued as final rules, the Department of Transportation (DOT) will go through its rulemaking process to adopt the changes.

The proposals include several components, including:

- An annual review and potential revision of the drug testing panel by HHS without a comment period,
- The addition of an authorized biomarker testing panel to allow laboratories to test for biomarkers without a request from the medical review officer (MRO),
- A change to the MRO's verification process for codeine and morphine,
- A revision to the confirmatory test cutoff for morphine in urine samples,
- The addition of a requirement for MROs to submit semiannual reports, and
- Revisions to the oral fluid collection procedure.

Comments on these proposed rule changes are being accepted through June 6, 2022. ♦



Next Month's Topic: Compliance, Safety, Accountability

The goal of Compliance, Safety, Accountability (CSA) is to reduce crashes, injuries, and fatalities on the nation's highways by assessing the safety performance of motor carriers and drivers. Make sure your drivers understand how data collected during roadside inspections and from crash reports affect the CSA scores of both the carrier and driver.



Expert Help: Questions of the Month

Question: Are drivers required to complete a pretrip inspection form? If yes, how long should we keep the forms?

Answer: There is no requirement that drivers complete a pretrip inspection form. A post-trip form (DVIR) is required when there is a defect to report. If drivers prepare pretrip inspection forms based on company policy, then the forms should be retained for 12 months as required for all general inspection/maintenance records described in 49 CFR 396.3.

Question: Can a driver get their commercial learner's permit (CLP) before doing any theory-based education under the new entry-level driver training (ELDT) regulation?

Answer: An individual is not required to complete any portion of ELDT prior to taking the knowledge test to obtain a CLP. In some cases, individuals take the knowledge test and obtain the CLP prior to beginning CDL instruction.

Question: If a motor carrier has drivers who only drive one or two days a month, do they have to use electronic logs?

Answer: Any individual driver who only needs to use logs eight or fewer times in any 30 consecutive days may use paper instead of electronic logs. The rule for this is in 49 CFR 395.8(a)(1)(iii)(A). ♦



Got a question?

Your subscription includes online access to our subject matter experts! Visit the Compliance Library at JKellerLibrary.com and click on  Expert Help to take advantage of this great feature.

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EDITOR: Jen Loomis

ISSN 2688-1616

GST R123-317687

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