

In the Safety Zone™

A newsletter dedicated to truck driver safety awareness.

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The Three P's of Winter Driving Safety

As we approach another season of wintery weather, let us be reminded of the three P's when it comes to driving safely: **PREPARE, PROTECT AND PREVENT!**

PREPARE:

Ensure proper operation of your vehicle. Always complete your Pre-Trip inspections! Check the battery, wipers, tread remaining on tires, keep your windows clear of obstructions, use no-freeze fluid in the washer reservoir, and be mindful of your antifreeze levels.

Always keep a flashlight, jumper cables, abrasive materials, a shovel (if possible), snow brush, ice scraper, warning devices, blankets and non-perishable food and water. If you use any medication, always keep water and your cell phone (hands-free only) within proximity.

If you are stopped or stalled, stay in your truck. Do not overexert yourself, shine your lights and only run your truck as is necessary to keep you warm.

Allow for plenty of time before your trip and plan your route ahead of time, checking the weather conditions. Be familiar with your route and the directions necessary and advise others of your arrival time.

PROTECT:

Avoid fatigue by getting plenty of rest before starting on your journey. Should you find yourself getting tired-stop and pull over when it's safe and in a legal place to park and rest. Call the customer if the delay will result in a late delivery. It's safety first and always!

PREVENT CRASHES:

Maintain safe distances between other vehicles. Be on the lookout for pedestrians or other obstructions on the roads. Buckle up! Wear your seatbelt at all times!!

USDOT Expands DOT Drug Testing Panel To Include Four Synthetic Opioids

The US Department of Transportation (DOT) has issued a final rule expanding the Department's current drug testing panel to include certain semi-synthetic opioids (i.e., hydrocodone, hydro-morphine, oxycodone, and oxycodone) in its drug testing panel for DOT regulated industries. Common name brands for these drugs include Percocet, Tylox, OxyContin, Norco, Vicodin, and Dilaudid. The expanded Opioid testing will go into effect beginning January 1, 2018.

The addition of the synthetic opioids to the existing 5 panel DOT Drug test is intended to address a nationwide epidemic of prescription pain-killer abuse. As a commercial driver, you are subject to random drug and alcohol testing all year long. If you are legally prescribed one of these medications, you must be able to provide documentation to the Medical Review Officer, in the event that you are tested and one of these drugs are detected in your system. It's also important to note that the use of these drugs may affect your ability to operate a Commercial Motor Vehicle. If a drug test detects opioids in your system, in addition to producing a valid prescription, you may be required to produce documentation from your prescribing doctor that the opioids you are prescribed do not affect your ability to operate a Commercial Motor Vehicle.

Important Tips and Reminders:

- ***If particular drugs are detected during a drug screen, a Medical Review Officer (MRO) will contact you to discuss if there are legitimate reasons a particular drug is in your system. It's important to cooperate with the MRO and provide requested documentation in a timely fashion to ensure tests results are accurate released without delay.***
- ***A drug test result will be released as "Negative" only if you have a legal and valid prescription for the Opioid's in your system. Using someone else's prescription, or an expired prescription could result in the test result being Positive.***
- ***Even if a test result is released as negative, it's possible you will be required to provide documentation from your doctor indicating the ability to operate a Commercial Vehicle will not be affected.***
- ***If an injury or illness warrants a prescription, be sure to discuss this with your doctor so they are aware of the effects the prescription can have on your career!***



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We like to hear from you!
Please email safety ideas
or newsworthy items to :

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