



MONTHLY NEWSLETTER

JULY 2016

VOLUME 8

ISSUE 7

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Workplace exams may thwart mining injuries, deaths: Michael Jay Nickels was driving a truck at a sand and gravel mine in Valley County, Neb., in March 2015, when the vehicle left an elevated roadway on an embankment and headed into a pond – leaving him injured seriously. [read more...](#)



▶ **MSHA issues “Cell Phones and Mobile Equipment Don’t Mix” safety alert**

The Mine Safety and Health Administration (MSHA) has issued a **metal/non metal safety alert** titled **“Cell Phones and Mobile Equipment Don’t Mix.”** [read more...](#)

▶ **MSHA issues “Close Call Alert” after excavator slips into lake...offers Best Practices**

The Mine Safety and Health Administration (MSHA) issued a **“close call alert”** after an excavator slipped into a lake while excavating sand at a surface crushed, broken limestone operation. [read more...](#)



▶ **Department of Labor Federal Civil Penalties Inflation Adjustment Act Catch-Up Adjustments**

The new penalty levels are effective no later than August 1, 2016. [read more...](#)

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Unusually hot temperatures in June have been a good reminder that we need to be mindful of negative side effects. [read more...](#)



MJS SAFETY TRAINING ANNOUNCEMENT

MJS SAFETY LLC is proud to announce that we are now available to perform Operator Qualification [OQ] Performance Evaluations under the MEA EnergyU system as well as Veriforce.

MJS SAFETY has "Authorized" Performance Evaluators on staff that can perform this service for specific "Covered Tasks."

MJS SAFETY is also available to assist with the Knowledge Based Training for these tasks. Knowledge-based training is designed to help personnel successfully pass the OQ Performance Evaluations.

The Operator Qualification Rule – commonly referred to as the "OQ Rule" addressed in Title 49 of the Code of Federal regulations, mandates that individuals who perform "Covered Tasks" on pipeline facilities be qualified through the Operator Qualification Process.

The intent of the OQ rule is to ensure protection of both pipeline personnel and the public at large. Providing individuals with the necessary knowledge and skills is an essential element of any Operator and Contractor OQ plan.

Acceptable requirements for qualification are determined by the operator. The quality and validity of data related to OQ training, testing, and performance is critical to meet these requirements.

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- ~OSHA 10 Hour General Industry
- ~OSHA 30 Hour General Industry
- ~NUCA Confined Space
- ~Hydrogen Sulfide [H₂S] - Awareness
- ~Respirator: Medical Evaluation & Fit Testing
- ~Hazard Communication – GHS Training
- ~Teens & Trucks Safety
- ~1st Aid/CPR Course- Medic 1st Aid
- ~HAZWOPER 8, 24 & 40 Hour
- ~PEC'S Intro to Pipeline
- ~Confined Space Rescuer Training
- ~PEC Core Compliance
- ~OSHA 10 Hour Construction
- ~OSHA 30 Hour Construction
- ~NUCA Competent Person for Excavation & Trenching
- ~Hands-on Fire Extinguisher training
- ~DOT Hazmat Training
- ~MSHA Sand & Gravel Training [Part 46 only]
- ~Fall Protection for the Competent Person
- ~Defensive Driving Safety for large and small vehicles
- ~Instructor Development for Medic 1st Aid/CPR
- ~Bloodborne Pathogens Compliance Training
- ~Respiratory Protection Training

► **MJS SAFETY offers these courses as well as custom classes to fit the needs of your company** ◀

Schedule of classes July 2016: ● TRAINING CENTER – 246 BASHER DRIVE #1, JOHNSTOWN, CO 80534 ●

- PEC Safeland Basic Orientation: July 8, 20
- First Aid (MEDIC 1st Aid) /CPR/AED / BLOODBORNE PATHOGENS: July 11 - 8 a.m.
- ANSI Z390 H2S Awareness Training: July 11 - 1 p.m.
- CONFINED SPACE ENTRY – Entrant, Attendant & Supervisor Duties: July 19

► NEED ANY OF THESE CLASSES IN SPANISH? CONTACT carriejordan@mjsafety.com TO SCHEDULE TODAY ◀

Go to www.mjssafety.com - "UPCOMING EVENTS" for up-to-date class listings
 To sign up for one of these classes, or inquire about scheduling a different class
 Call Carrie at 720-203-4948 or Jeremy at 720-203-6325 or Mike at 303-881-2409

— FEATURED TRAINING PROGRAMS —

- Safeland Basic Orientation
- OSHA 10 Hour for General Industry or Construction
- Hydrogen Sulfide Awareness
- Confined Space for Construction
- First Aid/CPR

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- PEC Basic 10 — 2 days that cover both Safeland and OSHA 10 for General Industry in 1 class

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MJS Safety [Virtual University](#) - More courses have been added...[check it out!](#)

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Online courses provide a convenient way for **EMPLOYERS & EMPLOYEES** to complete **MANDATED, REQUIRED or HIGHLY RECOMMENDED** training in today's industry

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CCJ
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Aggregates Manager
Transport Topics
Psychomedics
Quest
Diagnostics
KSAT-San Antonio
USDOL
Federal Register



OSHA Whistleblower Rights...

Trucking Company Fired Driver for Refusing to Violate Safety Regulations

OSHA orders NFI Interactive Logistics Inc. to reinstate, pay employee \$276K

A truck driver concerned he couldn't complete his delivery from Massachusetts to New Jersey and back without violating federal safety regulations and putting himself and others at risk thought he'd devised a solution to deliver his cargo on-time and comply with the regulations. Instead of thanking him, his employer fired him.

In so doing, NFI Interactive Logistics Inc. violated the anti-retaliation provisions of the [Surface Transportation Assistance Act](#), an investigation by the U.S. Department of Labor's [Occupational Safety and Health Administration](#) has found. OSHA is ordering the Cherry Hill, New Jersey-based company to reinstate the driver, pay him more than \$276,000 in back wages and damages and take other corrective action.

NFI assigned the driver to deliver a truckload of Poland Spring bottled water from Northborough, Massachusetts to Jersey City, New Jersey, on Aug. 15, 2012. Due to a severe thunderstorm, flooded roads, heavy traffic and motor vehicle accidents, the trip took significantly longer than normal. He believed that he lacked sufficient time to complete the delivery and return home without violating the [hours of service](#) restrictions contained in the U.S. Department of Transportation's [Federal Motor Carrier Safety Administration](#) regulations.

To address the situation, he delivered the load to a closer customer facility in nearby Kearny, New Jersey. NFI objected to the driver delivering the load to Kearny. Shortly after the delivery arrived in Kearny, arrangements were made to have a different NFI driver drive the load to Jersey City. Both NFI and the customer approved the new arrangement. The load was delivered and the driver was able to return to Northborough without violating the hours of service restrictions or posing a risk. NFI fired him the next day for insubordination. The driver subsequently filed a whistleblower complaint with OSHA. The agency investigated and found merit to the driver's complaint.

"This driver found a way to do his job and ensure motor carrier safety. Rather than receiving credit for doing the right thing, he received a pink slip," said Kim Stille, OSHA's New England regional administrator. "The law is clear: Drivers have the right to raise legitimate safety concerns to their employer – including refusing to violate safety regulations – without fear of termination or other retaliation. NFI must reverse its actions and compensate this driver for the financial and other losses he has suffered as a result of his illegal termination."

OSHA / CONSTRUCTION

As a result of its findings, OSHA is ordering NFI Interactive Logistics to take the following corrective actions:

- Immediately reinstate the driver to his former position, with all rights, seniority, pay raises and benefits to which he was entitled absent the discharge.
- Pay the driver \$126,870 in back pay and interest covering the period from August 17, 2012 to June 7, 2016, plus additional amounts accruing up to the day the company makes the driver a bona fide offer of reinstatement.
- Pay him \$50,000 in compensatory damages for pain and suffering, including emotional distress, depression, mental pain, humiliation and embarrassment.
- Pay him \$100,000 in punitive damages and also pay his reasonable attorney fees.
- Expunge from all of its files any reference to the discharge, or the driver's exercise of his rights under STAA.
- Make no adverse statements about the driver's termination and/or any of the facts at issue in this case in response to any inquiry regarding his employment with NFI.
- Not retaliate against the driver in any manner for his instituting or causing to be instituted any proceeding under or related to STAA.
- Immediately post in a conspicuous location in its workplace a signed and dated notice to employees informing them of the order and their rights under STAA.

The driver and NFI each have 30 days from receipt of OSHA's findings to file objections and request a hearing before the Labor Department's Office of Administrative Law Judges.

OSHA enforces the whistleblower provisions of the [STAA and 21 other statutes](#) protecting employees who report violations of various airline, commercial motor carrier, consumer product, environmental, financial reform, food safety, health care reform, nuclear, pipeline, worker safety, public transportation agency, railroad, maritime and securities laws.

Employers are prohibited from retaliating against employees who raise various protected concerns or provide protected information to the employer or to the government. Employees who believe that they have been retaliated against for engaging in protected conduct may file a complaint with the Secretary of Labor to request an investigation by OSHA's Whistleblower Protection Program.

See [detailed information](#) on employee whistleblower rights, including fact sheets.

Department of Labor Federal Civil Penalties Inflation Adjustment Act Catch-Up Adjustments

The U.S. Department of Labor published an [interim final rule](#) to adjust the amounts of civil penalties assessed or enforced in its regulations. The Federal Civil Penalties Inflation Adjustment Act of 1990 as amended by the Federal Civil Penalties Inflation Adjustment Act Improvements Act of 2015 (*Inflation Adjustment Act*) requires agencies to adjust the levels of civil monetary penalties with an initial catch-up adjustment, followed by annual adjustments for inflation. The Department is required to calculate the catch-up and subsequent annual adjustments based on the Consumer Price Index for all Urban Consumers.

The new penalty levels are effective no later than August 1, 2016.

► **more whistleblower news...**

Whistleblower — Severe Violator Pilot Program Further Protects Workers Who Report Violations of Law, Safety and Health in Kansas City Region

Nation's first-of-its-kind program will subject employers to additional scrutiny

To further protect workers who report violations of law, safety and health, the U.S. Department of Labor's **Occupational Safety and Health Administration** is launching a pilot for its first severe violator enforcement program for employers that continually and willfully disregard the **rights of whistleblowers**.

OSHA's "Whistleblower-Severe Violator Enforcement Program" will be similar to its enforcement **Severe Violator Enforcement Program** which includes employers that routinely ignore federal workplace safety and health regulations. **W-SVEP** became effective on May 27, 2016, in the agency's Kansas City Region, which includes employers in Kansas, Missouri and Nebraska, and those companies under federal enforcement in Iowa.

"**W-SVEP** will focus on employers that engage in egregious behavior and blatant retaliation against workers who report unsafe working conditions and violations of the law," said Karena Lorek, **OSHA's** acting regional administrator in Kansas City. "When employers retaliate against workers who exercise their legal rights, other workers may suffer a chilling effect and fear exercising their rights to speak up. Problems don't get fixed, and workers get hurt. Employers that act in that manner deserve greater public scrutiny and a powerful response from **OSHA**."

The criteria for inclusion on the W-SVEP log will include:

- *All significant whistleblower cases.*
- *Cases deemed worthy of either litigation or the issuance of merit Secretary's Findings in connection with egregious citations, a fatality, or a rate-based incentive program for work-related injuries.*
- *A merit whistleblower case where the employer is already on the enforcement **SVEP** log.*
- *A company with three or more merit whistleblower cases within the past three years.*

Once an employer is determined to have met one of the criteria listed above, **OSHA** will place them on the **W-SVEP** log. After three years, a company may petition the regional administrator for a follow-up visit and removal from the program. At that time, **OSHA** will complete a comprehensive review of the company's policies and practices to determine if they have addressed and remedied the retaliation and its effects sufficiently.

Since **OSHA** implemented the severe violator program for health and safety enforcement cases in 2010, companies deemed as severe violators have made significant improvements.

"We hope that the **W-SVEP** pilot will be the catalyst that causes companies to change their behavior and instill a culture that restores employee confidence and reshapes the employer's perspective on whistleblowing," Lorek added. "In the past three years, four large regional employers would have met the criteria for inclusion in **W-SVEP**."

OSHA FINES GRAIN ELEVATOR COMPANY FOR WILLFULLY, REPEATEDLY EXPOSING WORKERS TO POTENTIALLY FATAL GRAIN ENGULFMENT HAZARDS

Citations issued: June 10, 2016

Investigation findings: The U.S. Department of Labor's **OSHA** investigated High Country Elevators Inc., on March 15, 2016, in Dove Creek as part of the agency's **Regional Emphasis Program for Grain Handling Facilities**. At the time of the inspection, an employee was inside one of the storage bins alone shoveling sunflower seeds; no protective measures were in place and no other employee was present to stop the elevator in an emergency. **OSHA** then cited the employer for **one willful violation** for having an employee working in a storage bin, and not locking-out energized unguarded equipment operating inside the same storage bin. The agency also issued **two repeat citations** because the employer did not issue a permit to an employee prior to entering a storage bin, a confined space, and the worker was not equipped with a body harness and lifeline. The employer was cited for these same or a similar violation on Aug. 15, 2011.

Additionally, **OSHA** issued **four serious violations** to High Country for:

- Not monitoring the air inside a confined space prior to allowing employees to enter them.
- Allowing employees to enter confined spaces without being connected to a rescue line, and failure to have a manual backup system or a means to adjust the force and speed of the electric winch used as part of the rescue equipment for employees who enter confined spaces.
- Not providing an observer outside of the storage bin to provide assistance in the event another employee entered the bin in an emergency.
- Allowing grain dust to accumulate greater than 1/8 inch.

Suffocation is a leading cause of death in grain storage bins. In 2010, 51 workers were engulfed by grain stored in bins; 26 of them died.

Proposed Penalties: \$51,920

Quote: "Moving grain acts like 'quicksand', can bury a worker in seconds and, in many cases, leads to death by suffocation," said David Nelson, **OSHA's** Area Director in Englewood, Colorado. "Vertical piles of stored grain can also collapse unexpectedly if a worker stands on or near it. These types of incident can be prevented by following some basic rules."

Cracking the 'Pencil Whip': Developing and Managing Pre-Trip Inspections

Pre-trip inspections are one the first things listed in the **Commercial Driver License** manual, hammering home the importance of the process.

However, with **fleet managers** outnumbered by **tractors** and **drivers** tens or even **hundreds** to one, the **inspection process** can be one of the **most challenging** to organize.

"It is hard to give **fleet managers** pointers on how to **manage** their people because **pre-trip inspections** are really a **people process**," says Joe Puff, vice president of **technology** and maintenance, **NationalLease**. "We can have all of the **electronics** and all of the **behind-the-scenes telematics** at our **fingertips**, but at the end of the day, if the **driver** wants to **bypass** the process and 'pencil whip' it, he or she can **make it look pretty good**."

Electronic systems like **Zonar's Electronic Vehicle Inspection Report (EVIR)** have taken the pencil out of the 'pencil whip' by forcing drivers to scan a **radio-frequency identification (RFID)** bar code at each **inspection point**.

"It's **time stamped**, so you know **how long** that driver is in that **specific zone** and, over the **totality of it, how long** it took for them to **do the entire inspection**," says Zonar's Vice President of Compliance, **Fred Fakkema**, who **estimates upwards of 85 percent** of all **pre-trip inspections** are done incorrectly if they are **done at all**.

Once the **scanning tablet** is returned to its **cradle**, a **customizable inspection report** is **automatically synched** on a fleet's **Zonar platform** to **back office** and **maintenance personnel**, streamlining and **documenting the process** from **inspection** to **repair** to the **truck** being placed back in **service**.

For **fleets** who **still reply** on **pencil and paper**, Puff says one of the **best ways** to measure the **quality** of a driver's **pre-trip inspection** is to **periodically re-inspect** behind them.

"A **re-inspection** makes sure that **everybody** is doing things **by the book** and it **sends** a clear **safety commitment message**. It's a **no excuse great coaching opportunity**," Puff says, adding that problems **rarely stem** from a **driver's unwillingness** to **perform a proper pre-trip**. Many times, he says, it **comes down to training** and **education**.

Dennis Abruzzi, **senior vice president** of enterprise solutions for **Penske Logistics**, says **pre-trip inspections** are a **key part** of the company's **safety program**.

"We **provide documented expectations** for both the **driver** and our **location management** via **company policies** and **procedures**," he says, adding **Penske** also **provides training** to its **4,440 drivers** across **North America**.

Training, with an **emphasis** on **ensuring drivers** understand what they are looking for in the **process**, Puff says, is a **critical part** of **developing a safety culture**.

"They **really need** to **understand** what they're **looking at**. One of the **things** I often see is **drivers** looking at **brakes** and **tires** but they **really don't know** what they are **looking for**," he adds. "They **don't know** at **what point** it's a **pass or fail**."

A **veteran** of the **enforcement field** for **25 years**, **Fakkema** agrees.

"**Number one**, do **drivers know** what they are **looking at** when they are **doing** the **pre- and post-trip**? Then, **number two**, are they **actually doing it**?"

Bob Waller, **CEO** of **Excelsior Springs, Mo.-based Waller Truck. Co.**, says **driver education** will be a **big part** of his **company's focus** as it **rounds the corner** on the **second half** of 2016.

"As part of our **Q3 safety efforts**, we will be **focusing** on a **driver education program** encouraging **pre-trip inspections**," he says. "There will be **social media**, in **cab messaging** and an **incentive-based program** that **catches** our **drivers** in the act of doing a **pre-trip inspection**."

"The **more training** we can **give drivers** to teach them the **process correctly**, the **better**," Puff adds. "If you **notice** in **re-inspections** that **things** are **not being done** as they **should**, you need to **retrain** on **specific areas** — like **recurring issues** with **brakes**, for **example**."

The **top violations** during **CSA roadside inspections** are **generally lights**, **tires** and **brakes**, each of which **Fakkema** says can be **spotted** during a **quality pre-trip inspection** before they **drag down** **CSA scores**.

"**Enforcement officers** are like **everybody else**. You're **always looking** for that **low-hanging fruit**," he says. "If you have a **truck** and it has a **couple marker lights** out, or a **headlight** out, that's the **easy stuff** and then **your inspection** can **go from there**."

SAN ANTONIO INSPECTOR CHARGED FOR TAKING BRIBES FROM TRUCKING CO. FOR CLEAN INSPECTIONS

A former San Antonio police officer who worked in a unit that performs inspections on trucks was arrested and indicted in June on bribery charges, according to a report from San Antonio news station KSAT.

The officer, identified as 42-year-old Daniel Schmitt, allegedly was paid \$7,400 by Texas Chrome Transport to give the company "higher than normal passing grades" on its inspections, the report states. The San Antonio Express-News reports that authorities caught on after seeing Texas Chrome's record was "too clean."

Both news outlets reported Schmitt was placed on administrative duty after the allegations surfaced, then was suspended indefinitely in May. The allegations date back to 2013, according to the reports.

Schmitt is also accused of paying another police officer, Johnny Diaz, \$400 to give the trucking company a passing inspection, KSAT reports. Diaz reportedly resigned from the San Antonio Police Department in January.

Schmitt was indicted June 2, according to court records, and was booked in the Bexar County Jail on June 6.

According to the Federal Motor Carrier Safety Administration, Texas Chrome Transport has 67 trucks and 65 drivers. No one with the company has been charged to date, according to the reports.

Delays in Approving Hair Testing Aid Drug Abusers, Officials Warn

Delays in adopting federally mandated pre-employment hair drug-testing standards potentially have allowed hundreds of truck drivers who failed hair drug tests to drive for another carrier, according to fleet and medical executives. "Drivers who fail pre-employment hair tests can simply seek employment with other carriers where they can more easily pass a pre-employment urine drug test, without fear that their positive hair test results will follow them," Dave Osiecki, chief of national advocacy for American Trucking Associations, wrote to a top federal drug agency official.



Osiecki was referring to the Substance Abuse and Mental Health Services Administration's process of adopting mandatory hair drug-testing standards that carriers and other federal agencies can use to test prospective employees. SAMHSA, a sub-agency of the U.S. Department of Health and Human Services, has been studying hair testing since 2004. Now HHS, which is responsible for setting drug-testing standards for all federal employees, is under a congressional mandate to adopt a hair-testing standard by December.

Current federally mandated urine tests check for use of marijuana, cocaine, amphetamines, opiates and phencyclidine, or PCP. Frustrated by years-long delays, a substantial number of mostly large motor carriers already have implemented hair testing on their own alongside DOT-mandated urine tests. However, privacy laws do not permit those carriers to share those hair test failures with other carriers, said Ronald Flegel, SAMHSA's director of workplace programs and chairman of the agency's drug testing advisory board. Some of those carriers that have gone to the extra expense of hair testing — which can detect drug use up to 90 days — are seeing patterns that support the contention that they better identify "lifestyle drug use."

The VP of one truckload and intermodal carrier has hair-tested thousands of drivers over the past eight years. "There is a dramatic difference in positive rates: 0.36% of applicants tested positive with a urine test, while 3.67% of the same applicants tested positive using a hair test. This means there are thousands of seemingly qualified driving candidates that have been turned down by us for chronic drug use, but who are now driving for companies that don't use pre-employment hair testing." The VP added that if you are serious about eliminating chronic drug use in the industry, then hair testing should be used for screening applicants.

Likewise, another transportation company vice president of safety and driver training said his carrier is seeing similar results since it first added hair testing to its employee screening in 2012. Since then, more than 100 of 103 applicants who failed a hair drug test passed their urine tests at the same time. "Anybody could stay clean for a week and typically pass a urine test, but they wouldn't be able to pass the hair test."

An executive with a commercial drug tester said that 3-5% of pre-employment hair tests conducted by the lab were positive for drugs, but only 0.5% of urine tests were positive. "It has always been a concern in the industry that information regarding drug users can't be shared, thus putting the motoring public in danger."

Several other labs and carriers that test hair did not respond to requests for comment, but in the past have been strong advocates of mandatory hair testing. Abigail Potter, an ATA research analyst, said drug use among drivers is fairly rare. "However, when people are using when they're on duty, it can be extremely costly to life and financially," Potter said. "These are people we don't want on the highways driving a very large truck."

While federal substance abuse officials have their eyes on the December congressional mandate, SAMHSA director Flegel said it could be another two years before HHS issues hair testing standards. Flegel said SAMHSA and HHS last month assembled 25 national experts for a "scientific and technical" closed-door meeting for three days in Washington to discuss potential issues with hair testing. The group, whose names have not been made public, is in the process of compiling a paper that will discuss scientific evidence related to the reliability of hair testing. The paper could include recommendations for further research, he said.

"I'm 99% sure that we're going to approve hair testing," Flegel said. "I'm comfortable that we've eliminated the obstacles to approving hair testing." Meeting at SAMHSA headquarters on June 12, the board scheduled meetings for Aug. 6-7 to discuss public comments, finish deliberating the pros and cons of hair testing, and then take a vote via secret ballot on a final proposal that would be sent to SAMHSA Administrator Pamela Hyde. If Hyde agrees, the recommendation would be forwarded to the Department of Health and Human Services, which would give final approval for proposed hair testing guidelines. HHS in turn will solicit comments from DOT and the Nuclear Regulatory Commission, agencies that have expressed interest in adopting hair testing.

Any subsequent proposed hair-testing standard would require a review by the White House Office of Management and Budget, Flegel said. In May 2015, SAMHSA issued a proposed rule to permit the testing of oral fluid specimens for drugs and to include drug testing for certain synthetic opiates — hydrocodone, oxycodone, hydromorphone and oxymorphone. The agency has yet to issue final guidance.

DOT Chief: CSA Scores Likely to Remain Hidden for Two Years Pending Required Changes



The reforms required by Congress to the federal **Compliance, Safety, Accountability** carrier ranking system will take about two years to complete, Transportation Secretary Anthony Foxx told a Senate panel. That's the same timeline the industry can expect to see the so-called "CSA scores" — the percentile rankings in the CSA Safety Measurement System's seven **BASICs** — return to public view.

"Based on our preliminary assessment, it's going to take a while to do the revised analysis," Foxx told the panel, referring to the changes in the CSA score methodology called for by Congress in the 2015 FAST Act highway bill. "We expect it to take a year or two, probably more like two, before that information (CSA SMS rankings) will be posted back up."

Foxx testified before the Senate's Commerce, Science and Transportation committee early in June.

The FAST Act required the **Federal Motor Carrier Safety Administration** to pull CSA SMS rankings from public view, though much of the underlying violation data is still available publicly.

Congress also directed the agency to work with the National Academies of Science and other government accountability agencies to work with **FMCSA** to develop a plan to reform the system before the agency can bring the scores back to public view.

Since the program's 2011 inception, many inside of and outside of the trucking industry have pointed to notable flaws in the program's data well and the methods used to calculate carriers' scores. The resulting flawed scores were available for third parties like shippers, brokers and insurers to view and make determinations about carriers and their crash risk, in spite of the program's seeming disconnect with crash risk.

The program was particularly unfair for small carriers and owner-operators, many studies have shown. The required reforms are meant to bring CSA scores more in line with carriers' actual risk of causing crashes.

Listening sessions and comment period done...

SLEEP APNEA RESEARCH: Truck operators must spend average of \$1,200 for testing when apnea suspected

Being referred for sleep apnea screening can be an expensive requirement for truck operators, particularly for those without health insurance, according to new research released May 26 by the **American Transportation Research Institute**. Costs to truckers many times exceed \$1,000 in out-of-pocket expenses, according to **ATRI's** study.

The report comes the day following the conclusion of the third and final federal listening session relative to pursuit of a potential sleep apnea rulemaking by the U.S. DOT.

ATRI based its report on results of a survey of drivers around issues related to the obstructive sleep apnea (OSA) condition. Based on the responses of more than 800 drivers (7 in 10 of them company employee drivers, the balance owner-operators), conclusions underscore a number of the issues raised during the listening sessions relative to the costs, incidence and effectiveness of screening and testing for and treatment of sleep apnea.

ATRI's report attempts to quantify the costs and other impacts that truck drivers are experiencing as they address a diagnosis and potential treatment regimen for OSA.

"**ATRI's** research clearly shows what my fellow drivers and I have been experiencing," said owner-operator Barbara Beal. "The costs associated with sleep apnea screening and treatment are not inconsequential for drivers and the flexibility to utilize lower cost options for both screening and treatment will be critical if **FMCSA** moves forward with a formal rulemaking."

Incidence of screening, testing and treatment has risen in recent years among drivers. Recent polling showed a more than 10 percentage-point increase in the number of drivers reporting having been tested for apnea.

Have you been tested/treated for sleep apnea?

Two years back, the last time that question was asked directly to **Overdrive** readers, more than 60 percent responded in the **No** column, lending credence to anecdotal evidence that the willingness of examiners to refer drivers for testing is indeed on the rise. The variability of screening protocols for apnea test referrals has been perhaps the biggest point of contention among critics of how the medical certification process treats the condition today. The **ATRI** survey found that, among both drivers who have had sleep studies and those who have not, there is concern about the use of neck circumference and **Body Mass Index (BMI)** as measures to refer drivers to sleep studies.

Additionally, among drivers who have been tested, 64 percent believe that the DOT guidelines for referring drivers are too broad and that medical examiners do not follow the guidelines for referrals to sleep studies.

COSTS

Going through the testing-referral process can be a costly proposition, **ATRI's** study finds. Among drivers who had been referred for a sleep study, 53 percent paid some or all of the test costs, with an average of \$1,220 in out-of-pocket expenses, representing just more than 1.5 weeks of median driver pay at \$805 per week, the survey authors note.

Meanwhile, health insurance assistance with sleep study costs impacted driver out-of-pocket costs significantly — 61 percent of drivers with no health care coverage of their sleep study incurred out-of-pocket costs exceeding \$1,000. At the same time, 32 percent of drivers whose health insurance did cover some portion of the sleep study reported costs exceeding \$1,000.

Among drivers reporting time away from work associated with sleep apnea screening, 41 percent indicated days off ranging from 1-30 days.

TREATMENT

Use of a **Continuous Positive Airway Pressure (CPAP)** machine was the most commonly reported prescribed treatment regimen for drivers diagnosed with sleep apnea. This includes drivers in the **ATRI** sample diagnosed with mild sleep apnea, a condition that, though practices among medical examiners have been notoriously variable, **ATRI** says does not require treatment for medical certification.

The number of drivers who report not adhering to a prescribed OSA treatment was a scant 1.95 percent of the moderate/severe OSA-diagnosed respondents, the survey report stresses, underscoring well-known health/lifestyle benefits of treatment for those who truly suffer from the condition.

Along similar lines, drivers' perception of treatment efficacy varied by sleep apnea severity. As OSA diagnosis severity increased, drivers experienced more positive CPAP treatment effects. For example, drivers diagnosed with severe OSA and being treated with CPAP reported increased amounts of sleep (84 percent), feeling better when they wake up (71 percent), and lower blood pressure (75 percent).

Conversely, of the 91 percent of drivers being treated with CPAP — despite a diagnosis of mild sleep apnea — less than a third (32 percent) experienced improved sleep as a result of CPAP treatment.

The comment period for **FMCSA's** fact-finding **Advanced Notice of Proposed Rulemaking** on sleep apnea was open through June 8.

FMCSA Raises Fines for Some Violations, Lowers Fines for Others

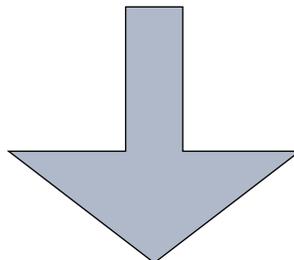
The fines for violations of federal safety regulations underwent a makeover this year during the adjustment for inflation process. Some fines are higher than previous years, and some are lower, as the **Federal Motor Carrier Safety Administration** made the adjustments based on the **Federal Civil Penalties Inflation Adjustment Act Improvements Act of 2015**. An interim final rule, published in the Federal Register on Monday, June 27, announced the changes to the fines. The **new penalties** will go into **effect Aug. 1**.

In previous years, adjustments were rounded to the nearest multiple of \$1,000, but the **2015 Act** removed the rounding rules, ensuring that penalties increase each year with inflation, according to **FMCSA**. The inflation calculations were reset this year as well, resulting in some of the penalty values decreasing.

The new fines for safety regulations violations are listed below:

Violation	New penalty value	Former penalty value
Failure to respond to Agency subpoena to appear and testify or produce records	\$1,028	\$1,000
Failure to respond to Agency subpoena to appear and testify or produce records	\$10,282	\$10,000
Out-of-service order: Operation of CMV by	\$1,782	\$3,100
Out-of-service order: Requiring or permitting operation of CMV by driver	\$17,816	\$21,000
Out-of-service order: Operation by drive of CMV or intermodal equipment that was placed out-of-service	\$1,782	\$3,100
Out-of-service order: Requiring or permitting operation of CMV or intermodal equipment that was placed out-of-service	\$17,816	\$21,000
Out-of-service order: Failure to return written certification of correction	\$891	\$850
Out-of-service order: Failure to cease operations as ordered	\$25,705	\$25,000
Out-of-service order: Operating in violation of order	\$22,587	\$16,000
Out-of-service order: Conducting operations during suspension or revocation for failure to pay penalties	\$14,502	\$16,000
Out-of-service order: Conducting operations during suspension or revocation	\$22,587	\$11,000
Recordkeeping: Maximum penalty per day	\$1,194	\$1,100
Recordkeeping: Maximum total penalty	\$11,940	\$11,000
Knowing falsification of records	\$11,940	\$11,000
Non-recordkeeping violations	\$14,502	\$16,000
Non-recordkeeping violations by drivers	\$3,626	\$3,750
Alcohol prohibition violations (first offense)	\$2,985	\$4,125
Alcohol prohibition violations (second or subsequent conviction)	\$5,970	\$4,125
Commercial driver's license violations	\$5,391	\$4,750
Special penalties pertaining to violation of OOS orders (first conviction)	\$2,985	\$2,750
Special penalties pertaining to violation of OOS orders (second or subsequent conviction)	\$5,970	\$5,500

Knowingly allowing, authorizing employee violations of OOS order (minimum)	\$5,391	\$4,750
Knowingly allowing, authorizing employee violations of OOS order (maximum)	\$29,849	\$27,500
Special penalties pertaining to railroad-highway grade crossing violations	\$15,474	\$11,000
Financial responsibility violations	\$15,909	\$21,000
Violations of Hazardous Materials Regulations and Safety Permitting Regulations (transportation or shipment of hazmat)	\$77,114	\$75,000
Violations of Hazardous Materials Regulations and Safety Permitting Regulations (training) (minimum penalty)	\$463	\$450
Violations of Hazardous Materials Regulations and Safety Permitting Regulations (training) (maximum penalty)	\$77,114	\$75,000
Violations of Hazardous Materials Regulations and Safety Permitting Regulations (packaging or container)	\$77,114	\$75,000
Violations of Hazardous Materials Regulations and Safety Permitting Regulations (compliance with FMCSRs)	\$77,114	\$75,000
Violations of Hazardous Materials Regulations and Safety Permitting Regulations (death, serious illness, severe injury to persons; destruction of property)	\$179,933	\$175,000
Operating after being declared unfit by assignment of a final "unsatisfactory" safety rating (generally)	\$25,705	\$25,000
Operating after being declared unfit by assignment of a final "unsatisfactory" safety rating (hazmat maximum penalty)	\$77,114	\$75,000
Violations of Hazardous Materials Regulations and Safety Permitting Regulations (maximum penalty if death, serious illness, severe injury to persons; destruction of property)	\$179,933	\$175,000
Violations of the commercial regulations, property carriers	\$10,282	\$10,000
Violations of the CRs, brokers	\$10,282	\$10,000
Violations of the CRs, passenger carriers	\$25,705	\$25,000



Violation of the CRs, foreign carriers, foreign motor private carriers	\$10,282	\$10,000
Violations of the CRs, foreign motor carriers, foreign motor private carriers before implementation of North American Free Trade Agreement land transportation provisions (maximum penalty for intentional violation)	\$14,140	\$16,000
Violations of the CRs, foreign motor carriers, foreign motor private carriers before implementation of North American Free Trade Agreement land transportation provisions (maximum penalty for a pattern of intentional violations)	\$35,351	\$37,500
Violations of the CRs, motor carrier or broker for transportation of hazardous wastes	\$20,564	\$20,000
Violations of the CRs, motor carrier or broker for transportation of hazardous wastes	\$41,128	\$40,000
Violation of the CRs, household goods carrier or freight forwarder, or their receiver or trustee	\$1,547	\$1,100
Violation of the CRs, weight of HHG shipment, charging for services (minimum for first	\$3,095	\$3,200
Violation of the CRs (weight of HHG shipment, charging for services)	\$7,737	\$7,500
Tariff violations	\$154,742	\$140,000
Additional tariff violations, rebates or concessions (first violation)	\$309	\$320
Additional tariff violations, rebates or concessions (subsequent violations)	\$387	\$375
Tariff violations, freight forwarders (max penalty for first violation)	\$774	\$750
Tariff violations, freight forwarders (max penalty for subsequent violations)	\$3,095	\$3,200
Service from freight forwarders at less than rate in effect (first violation)	\$774	\$750
Service from freight forwarders at less than rate in effect (subsequent violations)	\$3,095	\$3,200
Loading, unloading violations	\$15,474	\$16,000
Reporting and recordkeeping - min penalty	\$1,028	\$1,000
Reporting and recordkeeping - max penalty	\$7,737	\$7,500
Unauthorized disclosure of information	\$3,095	\$3,200

Knowingly and willingly fails to deliver or unload HHG	\$15,474	\$11,000
HHG broker estimate before entering into agreement with motor carrier	\$11,940	\$10,900
HHG transportation or broker services - registration requirement	\$29,849	\$27,250
Copying of records and access to equipment, lands and buildings (max penalty per day)	\$1,194	\$1,100
Copying of records and access to equipment, lands and buildings (max total penalty)	\$11,940	\$11,000
Evasion of motor carrier regulations (minimum for first violation)	\$2,056	\$2,000
Evasion of motor carrier regulations (maximum for first violation)	\$5,141	\$5,000
Evasion of motor carrier regulations (minimum for subsequent violations)	\$2,570	\$2,500
Evasion of motor carrier regulations (maximum for subsequent)	\$7,711	\$7,500
Evasion of carrier or broker regulations (minimum for first violation)	\$2,056	\$2,000
Evasion of carrier or broker regulations (minimum for subsequent)	\$5,141	\$5,000

Dodging the Ambulance Chasers

“Big trucks rule the road, they’re dangerous, and they can cause big, bad injuries”....Those are the opening words from Atlanta-based personal injury plaintiff’s attorney Ken Nugent, standing atop a reefer trailer in a 2013 commercial. He continues: “Big trucking companies have big insurance, and I make them pay up.”

Advocates of our legal system’s tort law protection contend that such lawsuits rein in reckless behavior by large corporations or other parties that otherwise would go unpunished. When it comes to trucking, however, many in the industry believe the punishments have gotten out of hand with the multimillion-dollar awards won by so-called ambulance chasers.

Transportation defense attorney Rob Moseley of the Smith, Moore & Leatherwood firm in Greenville, S.C., says that it’s almost like “a switch was flipped” in 2011. That was the advent of easy access to carrier information via the then-new **Compliance, Safety, Accountability** program.

With easy public access to carrier data and other tools, plaintiff’s attorneys are “better equipped than they have been in the past” and are working harder, Moseley says. “They know more about companies.”

He’s charted civil jury verdicts of more than \$10 million against transportation providers, mostly trucking companies, happening more frequently, every couple months on average since 2011. Award amounts also are growing.

Trucking insurance companies, the first line of defense against civil suits for most independent owner-operators, “have been more worried about saving money than spending on lawyers” to fight a case, he says. In some ways, that’s nothing new, but fear of the gigantic award and extended case time, Moseley says, is leading to more early payouts to injured parties regardless of fault. That contributes to rising insurance premiums for carriers across the board.

Also contributing to plaintiff’s attorneys’ arguments for higher awards are escalating health care costs and “a paradigm shift, too, where jurors walk in thinking it’s Monopoly money,” Moseley says. “They’ve been conditioned through media to not really understand what a million dollars is.”

In spring polling, one in every five of **Overdrive’s** mostly owner-operator readers reported being named directly, as a defendant in a civil trial following a crash.

Have you been a defendant in a post-crash civil lawsuit?

There’s plenty for owner-operators, especially independents, to learn from bigger carriers who’ve been targeted in questionable litigation. Making smart choices about where to spend your money to ward off risk could be key to your survival if you collide with a four-wheeler.

Excess liability insurance

The threat of litigation is ever-present in the event of an injury or fatality accident, says Bill Strimbu, president of Nick Strimbu Inc., a third-generation 130-truck flatbed, refrigerated and specialized carrier. And that even goes for accidents where you might not expect litigation to rear its head.

Strimbu says one of his trucks left the roadway and flipped in a ditch three years ago. “The woman who later said she was following the truck claimed she was so scared, she hit her brakes” and came to a quick halt, injuring her neck.

She brought her chiropractor along to negotiations, Strimbu says, though “I didn’t want to settle out of court where we weren’t at fault.” That’s a common complaint of carriers threatened with litigation and advised by insurers and their representing attorneys to seek a settlement.

Strimbu fought the allegation, and the lawsuit was withdrawn. “But the statute of limitations is not up yet,” Strimbu says. “She can refile if she can find another blood-sucking trial lawyer to take the case.”

The company carries an extra \$1 million in excess liability insurance over a standard \$1 million policy, but with a high deductible of \$100,000 to reduce the premium’s expense. That means he’s responsible for any insurance settlement in a given year that’s under \$100,000.

It’s notable that in the few cases he’s been to court over during the last 10 years, they ended up costing \$2 million and \$2.5 million, right at and above the limits of his liability insurance. “They would have been more had we had more insurance coverage,” Strimbu says.

Therein lies the paradox around what’s been the traditional line of protection against civil liability litigation – liability insurance. It seems wise to have as much protection as you can afford. Yet the more you have, as the example of Strimbu’s court cases suggest, the more likely it is that an abnormally high post-jury award will ultimately result in a settlement near or equal to the limits of whatever you carry, increasing costs for you and your insurer.

Given these dynamics and the minimum \$750,000 in government-mandated required liability coverage, it’s no wonder trucking businesses become a target for plaintiff’s attorneys.

“There’s a lot of states where claimants get attorneys, and even if the claimant is at fault, if they can demonstrate *comparative negligence*” – shared fault by both parties – and “show that a trucker was at least 50 percent at fault, their claimant might not have to pay anything,” says Steven Libertore of insurance agent National Risk Management Services. “It doesn’t hurt that claimants get letters from attorneys saying, ‘You don’t owe us a dime unless we get money for you.’”

Libertore says that for the smallest fleets with which he specializes – one to nine trucks – insurance policies typically have no deductible. In other words, the small fleet pays no part of any claim directly.

Insurers, thus, for the majority of those smallest fleets, are even more inclined to settle if they have a sense that a drawn-out court case could go awry toward a high award.

For a motor carrier large or small, it “comes to that question,” says Strimbu: “How much do you really need? You can only afford so much, but if it was cheap enough, I’d have \$10 million.”

Excess liability insurance is at least cheaper than the primary policy for an owner-operator with his own authority, says Libertore. While the first million in coverage could run from \$5,000 to \$10,000 or more in annual premiums, “you’re looking at \$1,250 to \$1,500 for that extra layer of a million,” he says.

The good news is, in the case of Libertore’s clients, “it’s been a very long time since we’ve had a small fleet [one to nine trucks] that gets into the six-figure mark” with a settlement.



ELD Market: THE 'WAIT-AND-SEE' APPROACH TO IMPLEMENTATION

Since the ELD mandate's introduction in 2014, the share of owner-operators reporting they would leave the industry if an e-log mandate came to be has fallen sharply. That could be due partly to the sizable exemptions FMCSA included in the rule, partly to the cooling nature of strong emotions with time. In 2014, following FMCSA's release of its proposal to require e-logs, 63 percent of owner-operators reported they would retire or look for another line of work if such a mandate came to pass. A separate survey in April told a different story.

Your most likely response to the ELD mandate, assuming it remains intact?

- I'll wait for the outcome of challenge lawsuits before purchasing any ELD...30%
- I'll run with an ELD, likely purchased in 2017...4%
- I run a pre-2000 model year truck and will continue doing so...11%
- I do or will run short-haul enough to avoid using an ELD...7%
- If I can't find a pre-2000 truck, I'll look for another line of work...10%
- I'm already running e-logs...10%
- I'll retire or look for another line of work...22%
- Other...6%

If numbers from this most recent polling are correct, 18 percentage points of the 31-point decline can be attributed to pre-2000 model year and short-haul exemptions included in the final rule. Meanwhile, a third of owner-operators surveyed indicated they would wait a considerable time before making a decision on just what to do relative to ELD acquisition.

Most of that third, 30 percent of all poll respondents, were basing that determination not on ELD market considerations but the potential outcome of a legal challenge of the mandate by the Owner-Operator Independent Drivers Association. If the rule is thrown out or sent back to the regulatory drawing board, such reasoning goes, why invest now? Another 4 percent put the likelihood of an ELD purchase well beyond this year.

Landstar-leased owner-operator Gary Buchs sees that logic clearly. He emphasizes that confidence in any vendor's ability to conform to FMCSA's technical specifications for ELDs – and remain in business – should be a key consideration in assessments. Buchs began using e-logs in recent years, running leased to Landstar with an Omnitrac e-log system.

"You don't want to do it twice," he says of the transition to running electronic, which could happen "if something goes wrong and the e-log vendor goes out of business suddenly," ceasing support for a month-to-month subscription-type product. Most available e-log systems today are structured that way, Continental's VDO RoadLog the exception. "When I look out here at all the companies who are thinking they'll do the ELD thing, they make me nervous," he says. If you're in the trucking business for the long term, don't "wait until the very last minute," he says, to do the research and to test out free non-engine-connected electronic log book apps to inform an eventual decision. There's something of a learning curve in running electronic, he adds.

There is some evidence of more operators in the small-trucking world moving into the electronic realm, at least on a trial basis. BigRoad's log book app is capable of being paired with its DashLink engine connection for a full e-logs solution, but the app, BigRoad President Terry Frey believes, is being used (minus the DashLink) with much more frequency since the mandate's announcement. Frey sees a boost in downloads of the app as evidence more drivers are showing interest in trying out computer-assisted logs in advance of the mandate.

FMCSA on ELDs: LONGTIME 'GOVERNMENT SUPERVISION' OF TRUCKING JUSTIFIES PRIVACY INTRUSION

The Federal Motor Carrier Safety Administration filed on Wednesday, June 15, its official response to the legal challenge brought against its 2015-issued electronic logging device mandate, defending the rule against challenges to its constitutionality and saying the mandate stands up to a cost-benefit analysis. The agency filed the 60-page document on the day it was due, a deadline set by the 7th Circuit Court of Appeals, the court overseeing the case.

The rule will in short, FMCSA says, improve hours of service compliance and prevent 1,844 crashes a year and save 26 lives annually. Moreover, the agency contends its rule does not violate truckers' constitutional rights to privacy, as the Owner-Operator Independent Drivers Association charges in its lawsuit.

Relative to ELDs potential to infringe on truckers' privacy, FMCSA argues that's simply part of being a truck driver. Trucking has a 'long tradition of close government supervision,' the agency says, citing the 1987 court decision *New York v. Burger*. Truckers should have a lower expectation of privacy while on the job, FMCSA's lawyers argue in the brief, because trucking is such a highly regulated industry. Given that ELDs are meant to track only hours of service compliance, they infringe on truckers' rights no more than keeping paper logs does, the agency argues in its court filing.

The alleged infringement on drivers' 4th Amendment protections against illegal search and seizure — which OOIDA says is inevitable with the tracking requirements spelled out in the ELD mandate rule — is one of the association's principal arguments against the ELD mandate. All truck operators (with a few notable exceptions) who are required to keep records of duty status currently will be required to use an ELD under the mandate by December 18, 2017, to track hours compliance.

OOIDA's challenge, however, intends to overturn the ELD requirement. The association successfully challenged the agency's prior mandate. Its new lawsuit will be heard by the same court that ruled to overturn the agency's 2010-published attempt at an electronic logging devices mandate.

FMCSA had 60 days to file a response to OOIDA's complaint, but it received a two week-extension, giving the agency and its legal team until June 15 to file a brief with the court.

The agency distilled its arguments for the mandate into six key points:

1. The rule was required by Congress, the agency says. The mandate requires nothing further than what Congress asked of the agency, FMCSA argues.
2. ELDs are more reliable at tracking hours of service than paper logs and will "increase compliance" with hours regulations, the agency says.
3. The agency has shored up the trucker harassment concerns that caused the court to toss out the prior ELD mandate, FMCSA says.
4. The rule will reduce crashes, according to FMCSA's cost-benefit analysis.
5. Drivers' personal data and records are protected in adjudication processes, including when drivers file complaints against carriers.
6. ELDs do not violate illegal search and seizure protections.

All six points are in response to arguments made against the mandate by OOIDA, who says the rule violates truckers' privacy, because ELDs are required to track drivers within a one-mile radius while they're on duty. OOIDA also argues the mandate will not enhance safety, still opens the door for harassment and coercion of truck drivers and does not adequately protect drivers' records.

Post-Crash Litigation: CAMERAS AND ELD EVIDENCE

Much of the monitoring equipment that many larger carriers are investing in also gives them a critical edge in legal disputes. Video cameras, which also are used in ongoing training for drivers who exhibit unsafe habits, also can prove what really happened in a crash. Electronic logging devices, beyond their primary function, can remove a common line of legal attack by encouraging and proving bedrock compliance with hours of service. Josh Fulmer, a risk management manager at Florida-headquartered Carroll Fulmer Logistics, says his company has had two big settlements in the past 10 years. One was settled out of court after a Fulmer truck rear-ended an auto driver. The insurance company “ended up awarding him a little over \$4 million.” The company went to trial in a “rear-ending accident in California that happened nine or 10 years ago,” Fulmer says, and in which the company believed its driver was in the right. “There was a lot going on with the insurance companies on the back side” of the case, and it dragged out over nearly a decade.

To ward off such expensive, time-consuming cases, Carroll Fulmer began using cameras to gather video evidence. The SmartDrive dual-camera systems in place there today produce such good results that they shortcut the satisfaction of “going to court and having this ‘gotcha’ moment.” When video evidence is in play, Fulmer says, “it just never gets that far.”

He describes a case of attempted insurance fraud. “We had a gentleman pull in front of us at 65 miles per hour and slam on his brakes, and we rear-ended him. Our driver got charged. A day or two later, we were able to get that video, and they retracted their citation.” Without the video, it could have been simply a “he-said she-said” trial with an officer’s citation working against the trucking company.

Carroll Fulmer does carry excess insurance – “up to \$10 million, \$8 million over our first \$2 million,” he says, with a high deductible to lower the premiums. The investment in the cameras, Fulmer believes wholeheartedly, “lowers our exposure” with the ability to “tell the true story of what really happened.” Dragging a suit out when there’s a scarcity of evidence, too, is unappealing because attorney’s fees accrue. “With a camera system, you know what you have,” Fulmer says. “If we’re at fault and we know it” beyond a shadow of a doubt, “we have no problem paying the injured party, but we don’t want to pay the attorneys.”

Another fleet moved to iDrive’s dual road- and driver-facing camera system (*iDriveglobal.com*). It’s not unlike Fulmer’s SmartDrive cams, but with a crucial difference. Both SmartDrive and Lytx DriveCam, two industry leaders, include a third-party review service for all critical events. Most of those events, with parameters determined by the fleets, are used for training.

The iDrive system is in some ways more intrusive because it gives fleet managers the potential to monitor drivers in real time. But as the Strimbu fleet has it set up, the company monitors captured events after the fact and on their own, rather than paying for any third-party review service. When drivers fuel at the central terminal in Brookfield, Ohio, personnel download the data from the camera. “We like to review our own events,” Bill Strimbu says. “A lot of these camera manufacturers don’t allow you to do that.” If the volume of events is sufficiently low, having little or no direct ongoing costs could be an appealing option for many of the smallest fleets. What’s more, reflecting a trend that’s just now gaining steam, “the insurance company we’re with pays half the cost of the camera,” each of which costs about \$300 in total.

While many owner-operators are investing in road-facing dashcams, they’ve seen no reason to buy driver-facing cameras to monitor themselves, though some have gone that route with the employment of two consumer dashcams, one pointing at the road, one back into the cab. Defense attorney Rob Moseley believes that might be the right move in light of litigation.

so, in review...a little ‘food for thought’

Protect yourself

- ▶ Buy as much liability insurance as you can afford and still maintain a healthy profit margin.
- ▶ Get a forward-facing camera (or dual-view, with in-cab vid capability) to record accidents.
- ▶ Begin using electronic logs to encourage and better document 100 percent hours of service compliance.
- ▶ Devise a system for routine saving and purging of data from your ECM and other equipment, such as dashcams.
- ▶ Get proper treatment for any medical conditions, especially sleep apnea, to remove any hint of impairment.

Improving Safety and Health...

Workplace exams may thwart mining injuries, deaths: Michael Jay Nickels was driving a truck at a sand and gravel mine in Valley County, Neb., in March 2015, when the vehicle left an elevated roadway on an embankment and headed into a pond – leaving him injured seriously. Two days later, the 44-year-old haul driver succumbed to his injuries.

Investigators with the **Mine Safety and Health Administration** later determined that the roadway had no barrier to stop the truck. If an examination had been conducted, the fatality likely might have been prevented. Effective workplace examinations are a fundamental accident prevention tool that allows mine operators to find and fix adverse conditions and violations of safety and health standards before they cause injury or death to miners. On June 7, **MSHA** published a [proposed rule](#) to enhance the quality of workplace examinations in **metal and nonmetal mines** around the country.



MSHA issues “Cell Phones and Mobile Equipment Don’t Mix” safety alert

The **Mine Safety and Health Administration** (MSHA) has issued a **metal/non-metal safety alert** titled **“Cell Phones and Mobile Equipment Don’t Mix.”** The alert states that the use of cell phones while operating mobile equipment is a form of distracted driving and is extremely dangerous.



The U.S. Department of Transportation reports that cell phones are involved in 6,000 auto fatalities each year. Operating mobile equipment has inherent risks that can be mitigated by training, supervision, maintaining equipment in proper operating condition, and following established procedures; however, using a cell phone introduces the hazard of distracting the equipment operator and increases the chances of being involved in an accident dramatically.

Consider the following facts about cell phone usage in the automotive industry that can be translated into the operation of off-road equipment:

- ▶ *The risks of operating mobile equipment while intoxicated are widely known, but using a cell phone can be up to six times worse.*
- ▶ *In a reaction test, a driver who was using a cell phone took over twice as long to react to a red light than when the driver was legally impaired by alcohol.*
- ▶ *Writing or reading a text message takes your eyes off the road for an average of 5 seconds. At 55 miles per hour, that’s like driving the length of a football field blindfolded.*
- ▶ *Currently, 46 states have laws banning texting while operating a vehicle.*
- ▶ *Using your cell phone while operating mobile equipment takes your eyes off the road, your hands off the wheel, and your mind off operating the equipment. No call, text, or email is worth the risk.*

MSHA issues “Close Call Alert” after excavator slips into lake... offers Best Practices

The **Mine Safety and Health Administration** (MSHA) issued a **“close call alert”** after an excavator slipped into a lake while excavating sand at a surface crushed, broken limestone operation. Luckily, the driver walked away without any injuries.



MSHA offers the following **Best Practices** to help prevent this type of accident:

- ▶ *Examine working places, identify hazards, and assess and control risks. Be alert to changing ground conditions such as cracking, bulging, sloughing, undercutting, and erosion. Maintain a safe distance from the edge of excavations and slopes.*
- ▶ *Ensure all miners are trained to recognize workplace hazards, evaluate the stability of the ground prior to operating equipment near any drop off or edge.*
- ▶ *When operating equipment on soft or unconsolidated material, what may appear to be a good operating surface can quickly liquefy and create an unstable condition.*
- ▶ *Discuss safe work procedures before beginning work. Identify and control all hazards associated with the work to be performed and the methods to properly protect miners.*

**Department of Labor Federal Civil Penalties
Inflation Adjustment Act Catch-Up Adjustments**
[See information page 5](#)

HEAT ILLNESS CAN BE DEADLY



Unusually hot temperatures in June have been a good reminder that we need to be mindful of negative side effects. The body normally cools itself by sweating. During hot weather, especially with high humidity, sweating isn't enough. Body temperature can rise to dangerous levels if you don't drink enough water and rest in the shade. You can suffer from **heat exhaustion** or **heat stroke**.

In 2014 alone, **2,630** workers suffered from heat illness and **18** died from heat stroke and related causes on the job. **Heat illnesses and deaths are preventable.**

Symptoms to watch for...

Heat Exhaustion

Dizziness
Headache
Sweaty skin
Weakness
Cramps
Nausea, vomiting
Fast heart beat

Heat Stroke

Red, hot, dry skin
High temperature
Confusion
Convulsions
Fainting

Employers must protect workers from excessive heat

Under OSHA law, employers are responsible for providing workplaces free of known safety hazards. This includes protecting workers from extreme heat. An employer with workers exposed to high temperatures should establish a complete heat illness prevention program.

- Provide workers with water, rest and shade.
- Allow new or returning workers to gradually increase workloads and take more frequent breaks as they acclimate, or build a tolerance for working in the heat.
- Plan for emergencies and train workers on prevention.
- Monitor workers for signs of illness.

To prevent heat related illness and fatalities:

- Drink water every 15 minutes, even if you are not thirsty.
- Rest in the shade to cool down.
- Wear a hat and light-colored clothing.
- Learn the signs of heat illness and what to do in an emergency.
- Keep an eye on fellow workers.
- "Easy does it" on your first days of work in the heat. You need to get used to it.

Working in full sunlight can increase heat index values by 15 degrees Fahrenheit.

Keep this in mind and plan additional precautions for working in these conditions.

Who is affected?

Any worker exposed to hot and humid conditions is at risk of heat illness, especially those doing heavy work tasks or using bulky protective clothing and equipment. Some workers might be at greater risk than others if they have not built up a tolerance to hot conditions, **including new workers, temporary workers, or those returning to work after a week or more off.** All workers are at risk during a heat wave.

Industries most affected by heat-related illness are: construction; trade, transportation and utilities; agriculture; building, grounds maintenance; landscaping services; and support activities for oil and gas operations.

What to do if a worker becomes ill?

- Call a supervisor for help. If a supervisor is not available, call 911.
- Have someone stay with the worker until help arrives.

Drink water often

Rest in the shade

Report heat symptoms early

Know what to do in an emergency

Heat Safety Tool App

When you're working in the heat, safety comes first. With the **OSHA Heat Safety Tool**, you have vital safety information available whenever and wherever you need it - right on your mobile phone. (*The OSHA Heat Tool is available in Spanish for Android and iPhone devices. To access the Spanish version on the iPhone, set the phone language setting to Spanish before downloading the app*)

The App allows workers and supervisors to calculate the **heat index** for their worksite, displays a **risk level** to outdoor workers for that heat index, and with a simple "click," gives reminders about the **protective measures** that should be taken at that risk level to protect workers from heat-related illness: drinking enough fluids, scheduling rest breaks, planning for and knowing what to do in an emergency, adjusting work operations, gradually building up the workload for new workers, training on heat illness signs and symptoms, and monitoring each other for signs and symptoms of heat-related illness.

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Stay informed and safe in the heat, check your risk level.