



October 2019

# AAT

# NEWS



## NATIONAL CLEARINGHOUSE

According to the U.S. Department of Transportation, in January 2020, the FMCSA will launch an online database called Clearinghouse. This database will provide information on FMCSA's CDL and CLP drivers under the drug and alcohol program. This information will be readily accessible to "drivers, employers, FMCSA, State Driver Licensing Agencies and State law enforcement personnel" where one will be able to check drug and alcohol violations, report drug tests and substance abuse, and a driver will be able to view their personal record according to the FMCSA. With the implementation of Clearinghouse, it is the FMCSA's goal to "improve highway safety" through effective and easily accessible channels of reporting, information and results. More information on Clearinghouse can be found at <https://clearinghouse.fmcsa.dot.gov>. With 2020 soon under way, these changes are just the beginning for the Division. The Leadership is investing their time and focus to partner with FMCSA and AAMVA on training and technology, and offer programs and solutions to customers' needs.



## New Bulletin Boards

You may have noticed that we have added two new boards to the driver area. The board titled **Information** is just that—a variety of information. If you would like to see any topics or information shared just let us know. There is also board titled **Good Deed Board!** Please take a moment to not only read the notes but put your own up! The board by the copy machine is now titled **This N That** after the section of the newsletter that covers general reminders or a small tid bit of news.

## This N That

**Colorado Chain Law** went into effect Sept 1<sup>st</sup>! If you are not familiar with Tire Socks, please ask a dispatcher or DJ to show you.

Triangles are required to be carried by the driver on every trip. Drivers are **prohibited** from using customers new triangles.

Please plan on arriving 10-15 minutes before the shuttle is scheduled to leave so that everyone is ready to leave on time.

Dispatchers have a meeting every morning from 10:00 to 10:30AM. If you cannot get a hold of your dispatcher and have a time sensitive issue, please call the main number 651-777-7780.

**Our clients require driver check in calls.** PLEASE call in your location twice daily by 8:00AM and 1:00PM.

## Driver Fatigue

A recent Heavy Vehicle Fatigue Study of 1007 drivers found that 21.1% had a least one fatigue related incident on their last trip. An incident includes a lane drift, near miss, nodding off or over/under steering.

Safety is a priority—not an option and driver fatigue is a significant concern for all professional drivers. Fatigue is the result of physical or mental exertion that impairs performance. Driver fatigue may be due to lack of adequate sleep, extended work hours, strenuous work or non-activity or any combination of other factors. Below are some tips that will help you stay healthy and feel well rested during your time on the road.

### Get enough sleep before getting behind the wheel.

Maintain a healthy diet. Skipping meals or eating at irregular times may lead to fatigue and/or food cravings. Also, going to bed with an empty stomach or immediately after a heavy meal can interfere with sleep. A light snack before bed may help achieve a more restful sleep.

**Take a nap.** If possible, you should take a nap when feeling drowsy or less alert. Naps should be at least 10 minutes but ideally last up to 45 minutes. Short naps are more effective at restoring energy levels than coffee.

**Avoid taking medication that may induce drowsiness.** In a recent study, 17% of CMV drivers were reported as having "over-the-counter drug use" at the time of a crash. Cold pills are the most common medications that may make you drowsy.

**Recognize the signals and dangers of drowsiness.** Indicators of drowsiness include frequent yawning, heavy eyes and blurred vision.

**Do not reply on "tricks" to keep you awake.** Turning up the radio, smoking, drinking coffee, opening the window and other alertness tricks are not real cures for drowsiness and may give you a false sense of security.



## Driver's Book Tidbits

Have a question on McNeilus forms or procedures. Please refer to page 26-29.

Winter Chain Requirements ....page 38



Another quarter end is finishing up this week—thank you everyone! It is such a busy couple weeks and we truly appreciate all the effort to get the trucks and buses delivered.

Enjoy the fall season!

Debra, Scott, DJ, Penney,

Jackie, Donna, Kara and Patti

