

Truck Safety & Compliance for Today and Tomorrow

Presented March 3, 2015



Presented By:

Tim Knoll – Safety Investigator

Debra Taylor – Safety Investigator

Tony Batcheller – Safety Investigator

Presented By:

Mark Loney – HazMat Specialist

Jason Schnorenberg – HazMat Specialist



U.S. Department of Transportation Drug and Alcohol Testing Regulations

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Part 382: Controlled Substances and Alcohol Use and Testing Program

382.101, Purpose



To establish programs designed to help prevent crashes and injuries resulting from the misuse of alcohol & controlled substances by CMV drivers

382.103 - Applicability



This part applies to every person and to all employers who operate a CMV in commerce in any State, and who are subject to:

- Part 383 – CDL regulations
- Mexican licensing regulations
- Canadian licensing regulations

For both Owner/Operators

- Must comply as both employee & employer
- Must be in a consortium if sole driver

Refuse to Submit:

- Fail to appear for any test (except a pre-emp test) within a reasonable time.
- Fail to remain at the testing site until the testing process is complete.
- Driver fails to permit a directly observed or monitored collection drug test.
- Fail to provide sufficient amount of urine when directed, and through a medical evaluation, no adequate medical explanation of the failure.





Refuse to Submit:

- Fail or decline to take a second test as directed by the employer or collector.
- Failed to undergo a medical examination or evaluation, as directed by the MRO or DER (Designated Employer Representative)
- Fail to cooperate with any part of the testing process
- Fail to provide a urine specimen for any drug test.
- Is reported by the MRO as having a verified adulterated or substituted test result

Subpart B, Prohibitions



- Alcohol concentration of .04 or greater
- On-duty use
- Pre-duty use
- Use following an accident
- Controlled substances use
- Positive test
- Refusal to submit to an alcohol/controlled substances test



Subpart C, Tests Required



- Pre-employment (CST only)
- Reasonable Suspicion
- Random
- Post-accident
- Return-to-duty
- Follow-up



382.301, Pre-employment



- Must have negative result before driving
- Exception allowed if:
 - was in a program within previous 30 days,**AND**
 - was tested in past 6 months or was in a program for past 12 months,**AND**
 - no violations occurred.

382.303, Post-accident



TYPE OF ACCIDENT	CITATION ISSUED TO COMMERCIAL MOTOR VEHICLE DRIVER.	TEST MUST BE PERFORMED BY EMPLOYER
HUMAN FATALITY	<u>YES</u>	<u>YES</u>
	NO	<u>YES</u>
INJURY With Immediate Treatment Away from the Scene	<u>YES</u>	<u>YES</u>
	NO	NO
TOWED VEHICLE due to Disabling Damage	<u>YES</u>	<u>YES</u>
	NO	NO

382.303, Post-Accident



Prepare and maintain on file a record as to why a test was not promptly administered

- (d)(1) Alcohol 2 hours – 8 Hours
- (d)(2) Controlled Substance Test – 32 hours

382.305, Random

382.305 - Every employer shall comply

Selection Method

- (i)(1) Scientifically valid method
 - Random number generator
 - Computer based program
- (i)(2) & (3)
 - Testing is unannounced
 - Spread reasonably throughout the calendar year
 - Each driver has an equal chance of being tested at time of selection



382.307, Reasonable Suspicion



- Supervisors must be trained to recognize signs
- Observations must be specific, timely and articulable
- Based on driver's appearance, behavior, speech or body odor



382.309, Return-to-duty



- Only after evaluation by a Substance Abuse Professional (SAP) and treatment
- Must be authorized by the SAP
- Must have negative test result before resuming safety-sensitive functions

382.311, Follow-up



- Follow-up testing **MUST** be performed in accordance with 49 CFR part 40, Subpart O
- Number of tests are specified by the Substance Abuse Professional (SAP)
- A minimum of 6 in first year
- Scheduled and unannounced by employer
- In addition to regular random testing

382.401, Retention of records



- (a) Each employer shall maintain records of its alcohol misuse and controlled substances use prevention programs
- Maintained in a secure location with controlled access

382.401, Retention of records



(b)(1) Five-year records:

- Positive test results
- Refusals
- Evaluations and Referrals
- Calibrations
- Records related to the administration of the alcohol & controlled substances testing program
- Annual calendar year summary required by 382.403

382.401, Retention of records



(b)(2) Two-year records:
- Collection records

(b)(3) One-year records:
- Negative/Cancelled Test Results (CCF's and ATF's)

(b)(4) Indefinite records:
- Education and training records for BATs, SSTs, Supervisors, Drivers



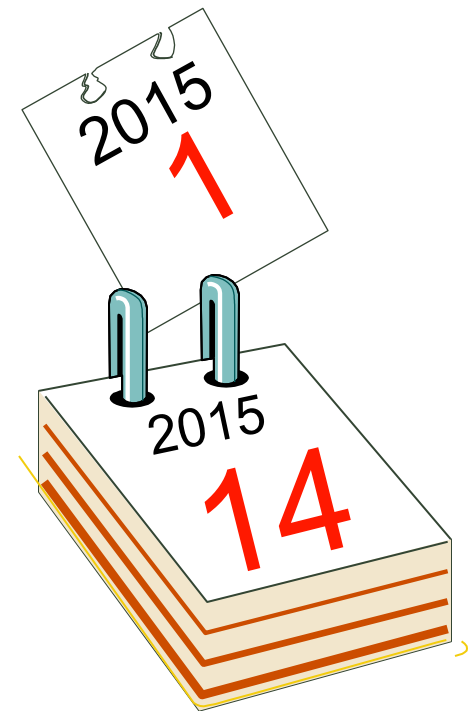
382.405, Access to facilities & records

- No employer shall release driver information without specific written consent
- Driver is entitled to obtain copies of D&A records/tests
- DOT Officials, State and local officials
- Decision maker in a lawsuit, grievance, or other legal proceeding

382.413/40.25, Previous Employer Inquiries



- 30-day requirement
- Good faith effort
- Prior prohibited conduct?



Subpart E, Consequences for Drivers in Substance Use-Related Conduct



- Removal from safety-sensitive functions
- Required evaluation and testing
- Alcohol concentration of .02-.039



Subpart F, Information, Training and Referral



- Employer obligation to promulgate a policy
- Training for supervisors
- Referral, evaluation and treatment –
ref. Part 40, Subpart O





DOT Medical Exam

Regulations and Recommendations

Brad Brooks, DC

Certified DOT Medical Examiner



Occupational Medicine & Wellness

Wheaton Franciscan Healthcare

NRCME

National Registry of Certified Medical Examiners

- Federal Program that establishes requirements for medical providers who perform the DOT Physical Examinations
- To become a certified medical examiner (ME), medical providers must complete training and testing on FMCSA physical guidelines/standards
- Each ME will be issued a unique ID # specific to that provider that will be required on all issued medical certificate (after 5/21/14)



Copy of Medical Certificate

MEDICAL EXAMINER'S CERTIFICATE			
I certify that I have examined <u>Kriz, Lisa</u>			
in accordance with the Federal Motor Carrier Safety Regulations (49 CFR 391.41-391.49) and with knowledge of the driving duties. I find this person is qualified; and if applicable, only when:			
<input type="checkbox"/> wearing corrective lenses	<input type="checkbox"/> driving within an exempt intracity zone (49 CFR 391.62)		
<input type="checkbox"/> wearing hearing aid	<input type="checkbox"/> accompanied by a Skill Performance Evaluation Certificate (SPE)		
<input type="checkbox"/> accompanied by a waiver/exception	<input type="checkbox"/> Qualified by operation of 49 CFR 391.64		
The information I have provided regarding this physical examination is true and complete. A complete examination form with any attachment embodies my findings completely and correctly, and is on file in my office.			
SIGNATURE OF MEDICAL EXAMINER <i>David Kirkle</i> 7/8/2013 9:32:18 AM		TELEPHONE (319) 575-5600	DATE 07/08/2013
MEDICAL EXAMINER'S NAME (PRINT) David Kirkle, DO	<input checked="" type="checkbox"/> MD <input type="checkbox"/> PA	<input type="checkbox"/> DO	<input type="checkbox"/> Chiropractor <input type="checkbox"/> ANP
MEDICAL EXAMINER'S LICENSE OR CERTIFICATE NO./ISSUING STATE 2304 IA - Iowa	NATIONAL REGISTRY NO. 2775957110		
SIGNATURE OF DRIVER <i>Lisa Kriz</i> 7/8/2013 9:32:43 AM	INTRASTATE ONLY <input type="checkbox"/> YES <input checked="" type="checkbox"/> NO	CDE <input checked="" type="checkbox"/> YES <input type="checkbox"/> NO	DRIVER'S LICENSE NO. STATE 123FF1234 IA
ADDRESS OF DRIVER 1157 Stevens Ave Waterloo, IA 50702			
MEDICAL CERTIFICATE EXPIRATION DATE 07/08/2015			



Occupational Medicine & Wellness

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Goal of Examiner

The goal of the examiner is to try and keep the driver working, if possible.

The examiner should only limit certification if they detect a condition that may cause an incapacitating event.



Physical Exam Requirements

- A driver must have physical before returning to work after an illness or injury that interferes with driving even if the prior medical certificate has not expired.

Note: Any drivers that do not meet the DOT protocols and are not DOT regulated are referred to as NON-DOT drivers/employees



391.41 DOT Medical Standards

13 Medical Standards

4 Non-Discretionary

1. Insulin Dependent Diabetes Mellitus (IDDM)
 2. Vision
 3. Hearing
 4. Epilepsy
- ❖ Implantable Defibrillator-automatic DQ, no need to complete exam

9 Discretionary

1. Hypertension
2. Cardiovascular Disease
3. Respiratory Dysfunction
4. Loss of Limb
5. Limb Impairment
6. Neuro-Musculo-Skeletal Dysfunction
 - Neurological
 - Arthritic
 - Muscular
 - Orthopedic
 - Rheumatic
7. Mental Disorders
8. Drug Use
9. Alcoholism



DOT Standards

Guidelines:

Guidelines are essentially recommendations based on current best practice protocols. These are *strongly suggested* to follow however, they are not part of the required exam and are not presently considered a standard.



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Diabetes

- Examiners have NO discretion in applying the diabetes mellitus standard for driver certification.
- Insulin treatment disqualifies a driver unless accompanied by a diabetic waiver
 - Good for 2 years
 - Recertification exam is annually
- Use of non-insulin oral or injectable meds can limit the driver to a one year card pending no active signs or symptoms



Diabetes Exemption Waiver

- A driver who is newly diagnosed as an IDDM has a waiting period of 2 months after receiving their diabetic waiver. If they have been currently diagnosed and were on NIDDM meds and are now insulin dependent, they have a 1 month waiting period following their diabetic waiver.
- The longest a non-insulin or a waived insulin dependent diabetic can be certified is 1 year.
- Must always carry the diabetic exemption certificate along with medical certificate.



Diabetes

URINE SPECIMEN

SP. GR.

PROTEIN

BLOOD

SUGAR



Two areas maybe elevated with a diabetic individual:

- **Protein:** Proteinuria, a sign of possible kidney degradation of even those who may have a diabetic neuropathy may see elevated protein in their urine
- **Sugar:** Depicting the glucose present in the urine

Those who show a positive dipstick will be issued a 3 month card to follow-up with their primary provider



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Vision

Adequate central and peripheral vision is required for the safe operation of the commercial vehicle.

Due to larger blind spots, longer turning radiuses and longer stop times, commercial drivers have high visual demands.

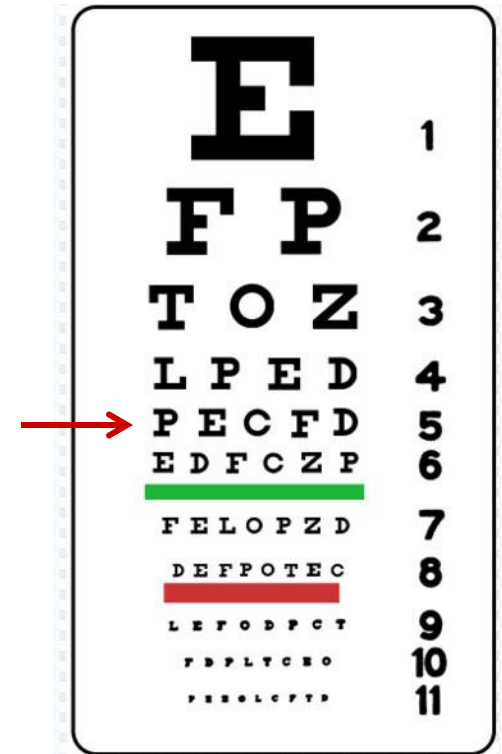
Drivers must be able to:

- Perceive the relative distance of objects
- Appropriately react to vehicles in contiguous lanes



Vision

- Snellen eye chart reading must be a minimum of 20/40 in each eye and 20/40 in both eyes, with or without corrective lenses (telescopic lenses are not allowed).



- Peripheral horizontal visual field of gaze must be a minimum of 70
- Driver must be able to distinguish between **red**, **green** and **amber** colors



Vision

- If these minimum requirements are not met, we must disqualify
- Monocular vision is disqualifying
- If the driver requires glasses or contacts to do the visual acuity test, you must wear them when driving.
- Those who wear contacts, must have spare glasses in the truck.

Note: contacts that correct for distance in one eye and close up in other are disqualified.



Cardiovascular / Heart / CHD

Hypertension - Possible health consequences that can happen over time when high blood pressure is left untreated include:

- Damage to the heart and coronary arteries, including heart attack, congestive heart failure, and atherosclerosis (fatty buildups in the arteries that cause them to harden)
- Stroke
- Kidney damage
- Vision loss
- Angina (chest pain)
- Peripheral artery disease



Pulmonary

Chronic Sleep Disorders

- ❖ Narcolepsy and the treatment of narcolepsy is disqualifying

OSA (Obstructive Sleep Apnea)

- Leads to EDS (Excessive Daytime Sleepiness)
- Often associated with other conditions:
 - ✓ History of HTN, Diabetes, CV problems
 - ✓ Often dealing with weight, alcohol consumption or smoking issues
- DOT recommended guidelines:
 - ✓ ESS (Epworth Sleep Scale) \geq 10 points
 - ✓ BMI (Body Mass Index) \geq 35
 - ✓ Neck Circumference: > 17 " for males, > 16 " for females
 - ✓ Driver showing other signs and symptoms of EDS



Epworth Sleepiness Scale

Use the following scale to choose the most appropriate number for each situation:

- 0 = would never doze or sleep.
- 1 = slight chance of dozing or sleeping
- 2 = moderate chance of dozing or sleeping
- 3 = high chance of dozing or sleeping

Situation

Chance of dozing or sleeping

Sitting and reading

Watching TV

Sitting inactive in a public place

Being a passenger in a motor vehicle for an hour or more

Lying down in the afternoon

Sitting and talking to someone

Sitting quietly after lunch (no alcohol)

Stopped for a few minutes in traffic while driving

Total score (add the scores up)

(This is your Epworth score)



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Body Mass Index Table

	Normal						Overweight					Obese						Extreme Obesity																		
BMI	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49	50	51	52	53	54
Height (inches)	Body Weight (pounds)																																			
58	91	96	100	105	110	115	119	124	129	134	138	143	148	153	158	162	167	172	177	181	186	191	196	201	205	210	215	220	224	229	234	239	244	248	253	258
59	94	99	104	109	114	119	124	128	133	138	143	148	153	158	163	168	173	178	183	188	193	198	203	208	212	217	222	227	232	237	242	247	252	257	262	267
60	97	102	107	112	118	123	128	133	138	143	148	153	158	163	168	174	179	184	189	194	199	204	209	215	220	225	230	235	240	245	250	255	261	266	271	276
61	100	106	111	116	122	127	132	137	143	148	153	158	164	169	174	180	185	190	195	201	206	211	217	222	227	232	238	243	248	254	259	264	269	275	280	285
62	104	109	115	120	126	131	136	142	147	153	158	164	169	175	180	186	191	196	202	207	213	218	224	229	235	240	246	251	256	262	267	273	278	284	289	295
63	107	113	118	124	130	135	141	146	152	158	163	169	175	180	186	191	197	203	208	214	220	225	231	237	242	248	254	259	265	270	278	282	287	293	299	304
64	110	116	122	128	134	140	145	151	157	163	169	174	180	186	192	197	204	209	215	221	227	232	238	244	250	256	262	267	273	279	285	291	296	302	308	314
65	114	120	126	132	138	144	150	156	162	168	174	180	186	192	198	204	210	216	222	228	234	240	246	252	258	264	270	276	282	288	294	300	306	312	318	324
66	118	124	130	136	142	148	155	161	167	173	179	186	192	198	204	210	216	223	229	235	241	247	253	260	266	272	278	284	291	297	303	309	315	322	328	334
67	121	127	134	140	146	153	159	166	172	178	185	191	198	204	211	217	223	230	236	242	249	255	261	268	274	280	287	293	299	306	312	319	325	331	338	344
68	125	131	138	144	151	158	164	171	177	184	190	197	203	210	216	223	230	236	243	249	256	262	269	276	282	289	295	302	308	315	322	328	335	341	348	354
69	128	135	142	149	155	162	169	176	182	189	196	203	209	216	223	230	236	243	250	257	263	270	277	284	291	297	304	311	318	324	331	338	345	351	358	365
70	132	139	146	153	160	167	174	181	188	195	202	209	216	222	229	236	243	250	257	264	271	278	285	292	299	306	313	320	327	334	341	348	355	362	369	376
71	136	143	150	157	165	172	179	186	193	200	208	215	222	229	236	243	250	257	265	272	279	286	293	301	308	315	322	329	338	343	351	358	365	372	379	386
72	140	147	154	162	169	177	184	191	199	206	213	221	228	235	242	250	258	265	272	279	287	294	302	309	316	324	331	338	346	353	361	368	375	383	390	397
73	144	151	159	166	174	182	189	197	204	212	219	227	235	242	250	257	265	272	280	288	295	302	310	318	325	333	340	348	355	363	371	378	386	393	401	408
74	148	155	163	171	179	186	194	202	210	218	225	233	241	249	256	264	272	280	287	295	303	311	319	326	334	342	350	358	365	373	381	389	396	404	412	420
75	152	160	168	176	184	192	200	208	216	224	232	240	248	256	264	272	279	287	295	303	311	319	327	335	343	351	359	367	375	383	391	399	407	415	423	431
76	156	164	172	180	189	197	205	213	221	230	238	246	254	263	271	279	287	295	304	312	320	328	336	344	353	361	369	377	385	394	402	410	418	426	435	443

Source: Adapted from Clinical Guidelines on the Identification, Evaluation, and Treatment of Overweight and Obesity in Adults: The Evidence Report.



Post Traumatic Brain Injury

Can be classified as mild, moderate or severe.

This depends on:

- Was there loss of consciousness
- Length of unconsciousness
- Was there a seizure related to the injury
- Was there penetration of the lining around the brain

Mild/moderate cause a mandatory wait time of 1-5 years.
The certification time can be reduced to 1 year.

Severe causes disqualification for life – no exceptions!



Stroke

Minor Stroke:

- 1 year mandatory wait time before driving
- Must be seizure free during that time
- Cannot be on any medications related to stroke
- Must have normal neurological exam.
- Must re-certify yearly



Consideration of Medications

Medications may or may not limit or DQ a driver based on:

- Medication
- Condition
- Dosage
- Or a combination of all of these.



Consideration of Medications

Antidepressants:

- 1st Generation antidepressants:
 - Amitriptyline, Imipramine have consistently been shown to interfere with safe driving
 - DQ'd for drivers as antidepressants
- 2nd Generation antidepressants are preferred because they have fewer side effects and are considered generally safer.

Note: Some of these types of meds at lower dosages used for fibromyalgia, or chronic muscle pain. If this is the case, the driver can be certified for up to one year.



Consideration of Medications

Anti-Coagulants

- Prescribed for those at risk for thromboembolic events
 - ✓ blood clots in the legs
 - ✓ heart attack
 - ✓ atrial fibrillation
 - ✓ stroke
- Certification is based on the condition not necessarily the medication



Consideration of Medications

Anti-Coagulants

- Drivers can be certified with anticoagulant use for most conditions
 - ✓ 1 month wait period
 - ✓ 1 year certification
 - ✓ Monthly INR's

❖ Some anticoagulants today may not require monthly INR's

Note: We cannot certify a driver who is on anticoagulant therapy for a cerebrovascular disorder (i.e.: stroke)



Consideration of Medications

Chantix

- Used for smoking cessation
 - Can elicit too many side effects
 - Will DQ the driver
- ❖ The FMCSA Administration has recommended against certification of drivers using varenicline (Chantix) based on the FDA's Public Health Advisory for this medication. 5/23/08





D.O.T. Mission

To reduce the number and severity of
vehicle accidents on our nation's
highway system.

Applicability



Parts:

387
390
391
392
393
395
396
397

INTERSTATE TRANSPORTATION

- 10,001 LBS or more GVWR / GCWR or weight
- Designed for 9 to 15 passengers including driver (for compensation)
- Designed for 16 or more passengers including driver (not for compensation)
- Hazardous Materials in placarded quantity

Parts:

382
383

- 26,001 LBS or more GVWR / GCWR or weight
- Designed for 16 or more passengers including driver
- Hazardous Materials in placarded quantity

Parts

100
to
185

- Hazardous Material shippers & carriers in Interstate and Intrastate commerce

390.3 General Applicability

- Employers/Employees
- Commercial Motor Vehicles
- Property/Passengers
- Interstate Commerce



Insurance - Part 387



SCHEDULE OF LIMITS (Public Liability)		
Type of Carriage	Commodity Transported	January 1, 1985
(1) For Hire (In interstate or foreign commerce, with a gross vehicle weight rating of 10,000 or more pounds)	Property (nonhazardous)	\$750,000
(2) For Hire and Private (In interstate commerce, with a gross vehicle weight rating of 10,000 or more pounds)	Hazardous substances, as defined in 49 CFR 171.8 transported in cargo tanks, portable tanks, or hopper-type vehicles with capacities in excess of 3,5000 water gallons; or in bulk Division 1.1, 1.2, and 1.3 materials, Division 2.3, Hazard Zone A material; in bulk Division 2.1 or 2.2; or highway route controlled quantities of a Class 7 material, as defined in 49 CFR § 173.403	\$5,000,000
(3) For Hire and Private (In interstate or foreign commerce: in any quantity; or in intrastate commerce, in bulk only; with a gross vehicle weight rating of 10,000 or more pounds)	Oil listed in 49 CFR 172.101; hazardous waste, hazardous materials and hazardous substances defined in 49 CFR 171.8 and listed in 49 CFR 172.101, but not mentioned in (2) above or (4) below	\$1,000,000
(4) For Hire and Private (In interstate or foreign commerce, with a gross vehicle weight rating of less than 10,000 pounds)	Any quantity of Division 1.1, 1.2, or 1.3 material; any quantity of Division 2.3, Hazard Zone A, or Division 6.1, Packing Group I, Hazard Zone A material; or highway route controlled quantities of a Class 7 material as defined in 49 CFR 173.403	\$5,000,000

390.5 - Definitions

- Commercial motor vehicle
- Employer
- Employee
- Others



390 - Accidents

Definition – (where found)

Occurrence on a highway

- Fatality – (define) where found?
- Bodily injury – Treated immediately away from scene of accident
- Disabling damage – Requiring tow away from scene (define) where found?



Accidents 390.15

1. Date	2. City	3. Driver	4. Injuries	5. Fatalities	6. HazMat	7. <i>Drug/ Alcohol Test</i>

1. Date of accident
2. City or town where accident occurred
3. Driver's name
4. Number of injuries
5. Number of fatalities
6. Hazardous materials released (other than fuel from fuel tanks)
7. *Drug / Alcohol test*

MAINTAIN ACCIDENT REGISTER FOR THREE YEARS



Falsification, Reproduction, Alteration 390.35

- No intentionally fraudulent or false statements
- No fraudulent reproduction of documents

Acute Violation

Fraudulent or intentional false statements or records or reproducing fraudulent records



Driver Qualification Files – Part 391

- Application for employment
- Safety performance history
- Medical certificate for NON-CDL or MVR with medical info for CDL
- Inquiry to state agency driving record (MVR)
- Road test or equivalent
- Annual list of violations, review, and inquiry to state driving record (MVR)


[See form here](#)

Employment Application

391.21

- Carrier name and address / date
- Background and consent / notification
- Applicant name, address history, date of birth, SS#, & signature
- DOT Employment history
 - NON-CDL - 3 years
 - CDL -10 years
- Subject to FMCSR drug & alcohol testing questions
- Accident & Violation history - 3 years
- DL / CDL license history - 3 years
 - State of issue and type
 - Suspension / Revocation history
- Vehicle type driving experience [See form here](#)






Safety Performance History


391.23




Carriers must investigate applicant:

- Employment verification information
 - DOT Recordable accident involvement
 - Violation of drug & alcohol regulations
 - Positive & refused drug / alcohol tests
 - Rehabilitation program documentation
- 

Previous Employers

- Must respond within 30 days of request
 - Ensure accuracy of information
 - Record retention – 1 year
- 

Applicant Rights

- Right to review and rebut incorrect information, request correction
- 

[See form here](#)

2. HEALTH HISTORY

Driver completes this section, but medical examiner is encouraged to discuss with driver.

Yes	No		Clear	Complete	Yes	No	Yes	No
<input type="checkbox"/>	<input type="checkbox"/>	Any illness or injury in last 5 years?			<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	Head/Brain injuries, disorders or illnesses			<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	Seizures, epilepsy medication:			<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	Eye disorders or impaired vision (except corrective lenses)			<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	Ear disorders, loss of hearing or balance			<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	Heart disease or heart attack; other cardiovascular condition medication:			<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	Heart surgery (valve replacement/bypass, angioplasty, pacemaker)			<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	High blood pressure medication:			<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	Muscular disease			<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	Shortness of breath			<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
							<input type="checkbox"/>	<input type="checkbox"/>
							<input type="checkbox"/>	<input type="checkbox"/>
							<input type="checkbox"/>	<input type="checkbox"/>
							<input type="checkbox"/>	<input type="checkbox"/>
							<input type="checkbox"/>	<input type="checkbox"/>
							<input type="checkbox"/>	<input type="checkbox"/>
							<input type="checkbox"/>	<input type="checkbox"/>
							<input type="checkbox"/>	<input type="checkbox"/>
							<input type="checkbox"/>	<input type="checkbox"/>
							<input type="checkbox"/>	<input type="checkbox"/>
							<input type="checkbox"/>	<input type="checkbox"/>
							<input type="checkbox"/>	<input type="checkbox"/>

For any YES answer, indicate onset date, diagnosis, treating physician's name and address, and any current limitation. List all medications (including over-the-counter medications) used regularly or recently.

Medical Qualification: 391.41

- No Certification for
 - Epilepsy
 - Seizures
 - Diabetes - insulin treated
 - Vision – certain impairments

* POSSIBLE WAIVER FOR DIABETES / VISION

MEDICAL EXAMINER'S CERTIFICATE

I certify that I have examined _____ in accordance with the Federal Motor Carrier Safety Regulations (49 CFR 391.41-391.49) and with knowledge of the driving duties. I find this person is qualified; and if applicable, only when:

<input type="checkbox"/> wearing corrective lenses	<input type="checkbox"/> driving within an exempt intracity zone (49 CFR 391.62)
<input type="checkbox"/> wearing hearing aid	<input type="checkbox"/> accompanied by a Skill Performance Evaluation Certificate (SPE)
<input type="checkbox"/> accompanied by a _____ waiver/exception	<input type="checkbox"/> Qualified by operation of 49 CFR 391.64

The information I have provided regarding this physical examination is true and complete. A complete examination form with any attachment embodies my findings completely and correctly, and is on file in my office.

SIGNATURE OF MEDICAL EXAMINER	TELEPHONE	DATE
MEDICAL EXAMINER'S NAME (PRINT)	<input type="checkbox"/> MD <input type="checkbox"/> DO <input type="checkbox"/> PA	<input type="checkbox"/> Chiropractor <input type="checkbox"/> ANP
MEDICAL EXAMINER'S LICENSE OR CERTIFICATE NO./ISSUING STATE	NATIONAL REGISTRY NO.	
	IA - Iowa	
SIGNATURE OF DRIVER	INTRASTATE ONLY <input type="checkbox"/> YES <input type="checkbox"/> NO	CDL <input type="checkbox"/> YES <input type="checkbox"/> NO
DRIVER'S LICENSE NO. STATE		
ADDRESS OF DRIVER		
MEDICAL CERTIFICATE EXPIRATION DATE		

[See form here](#)

Entry Level CMV Training

380.503

Who

- CDL drivers with less than one year experience

What

- Driver qualification
- Hours of service regulations
- Driver wellness
- Whistleblower protection

Documentation / Certification

- Record retention – While employed, plus one year thereafter





Inspection, Repair & Maintenance

PART 396



- Motor carriers systematically inspect, repair and maintain all motor vehicles subject to its control.



- All parts and accessories shall be in safe and proper operating condition at all times.



Inspection, Repair & Maintenance



Required records:

1. Identification of vehicle
2. A means to indicate the nature and due date of vehicle maintenance and inspection
3. Documentation of vehicle repair, maintenance, and inspection completed
4. Record retention – 1 year while in fleet, 6 months thereafter
5. DVIR – required only when defect found, 90 days



Annual Inspections 396.17

Motor carriers shall inspect each 12 months

- Components listed in Appendix G, each unit
- Copy of the report or decal on vehicle



Qualified Inspectors 396.19 & 396.25

Inspection and Brake Inspector Qualification

- Based on training and experience
- Documentation of qualification



[See forms here](#)

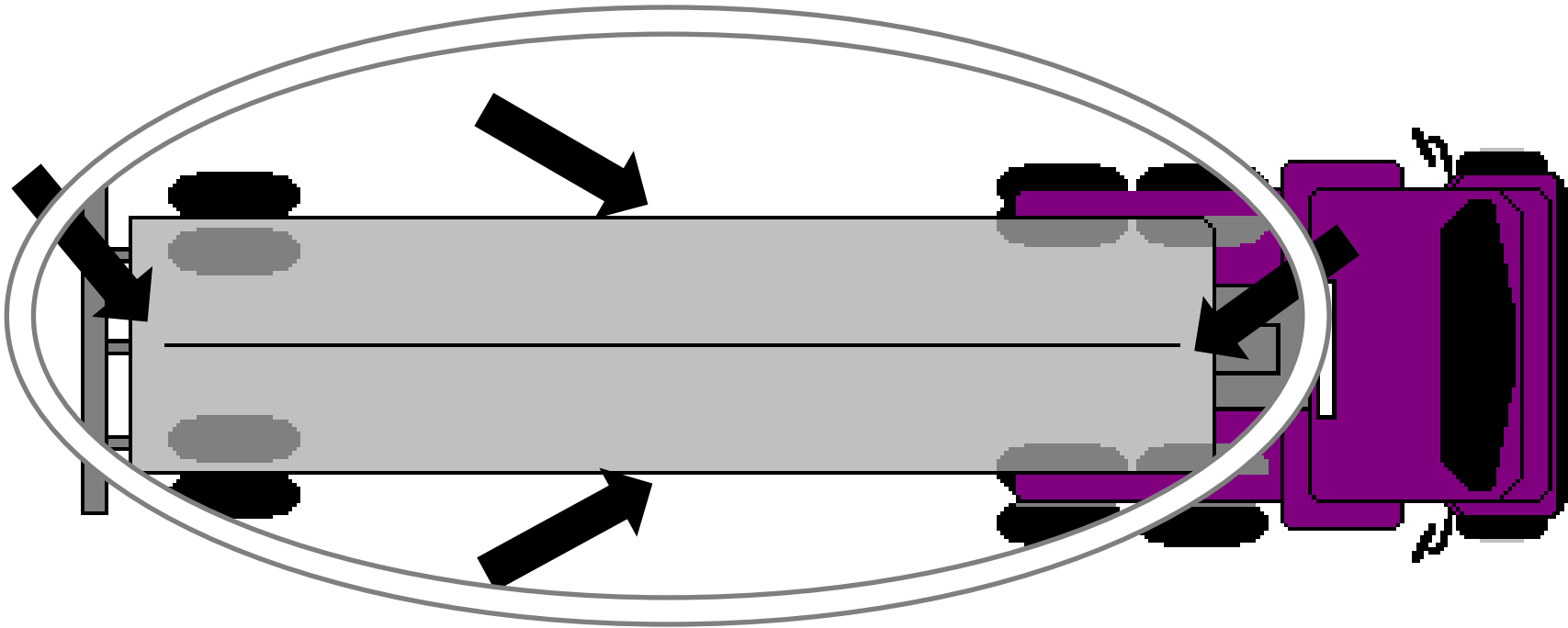


Office of Motor Vehicle Enforcement



Pre-Trip Inspection

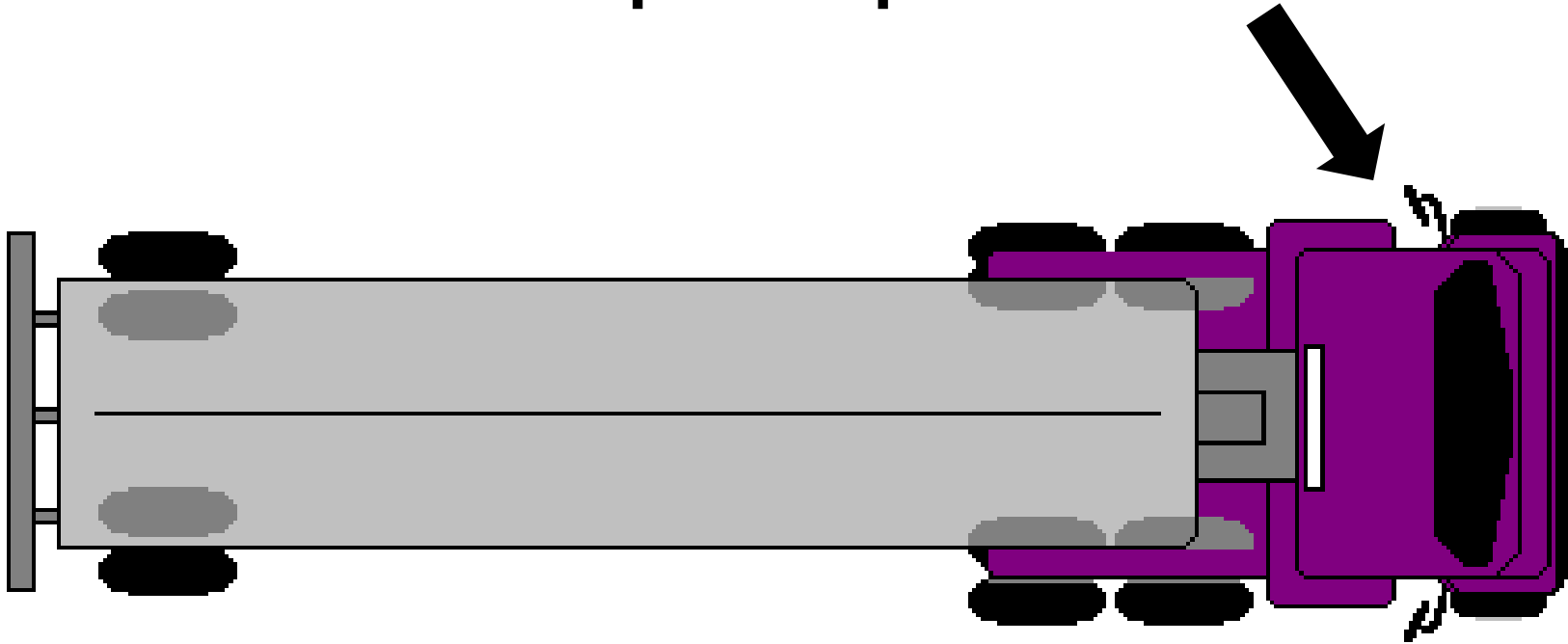
Pre-trip Inspections



Initiating the Inspection

- Follow all Safety Precautions
- Placards
- Leaks
- General Condition

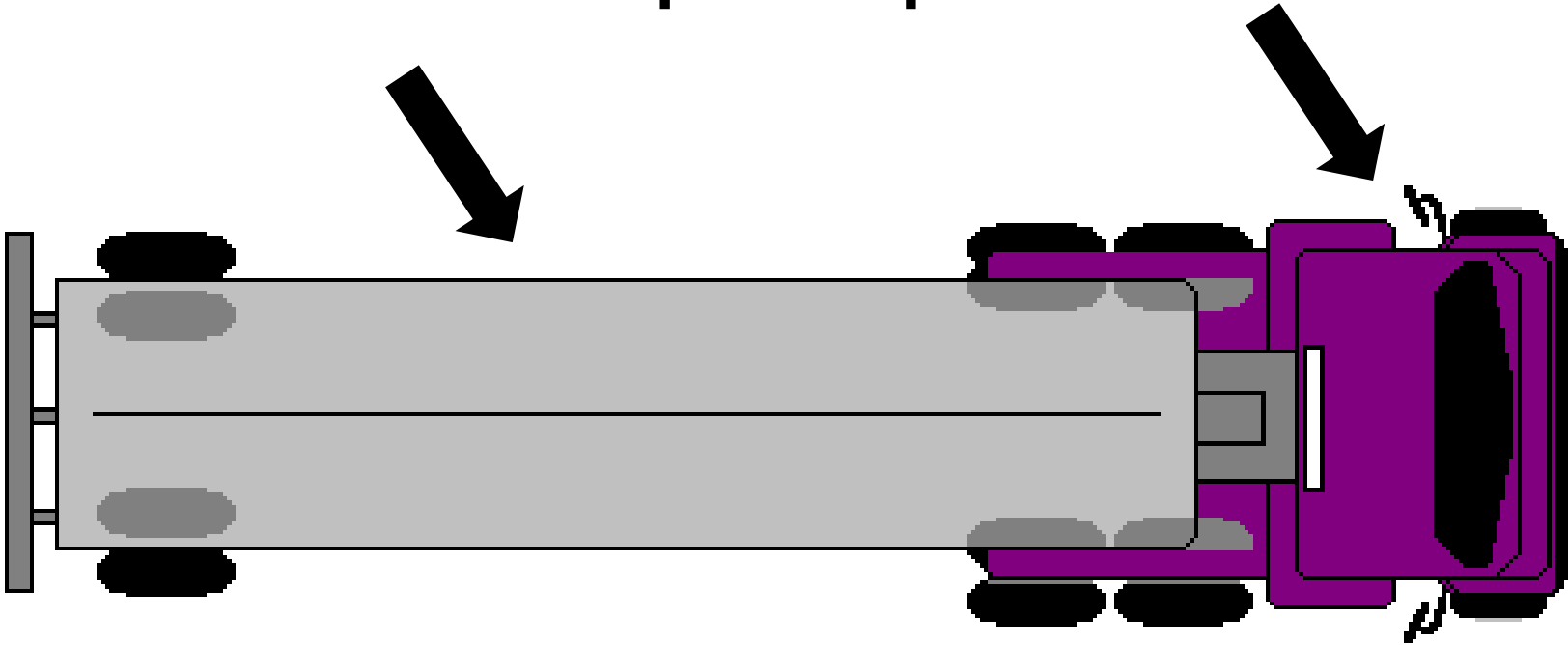
Pre-trip Inspections



Initiating the Inspection

- Shipping Papers and Emergency Response Information
 - Within Reach of Driver When Restrained by Safety Belt
 - Must be Visible to Person Entering Cab or in Door Pouch

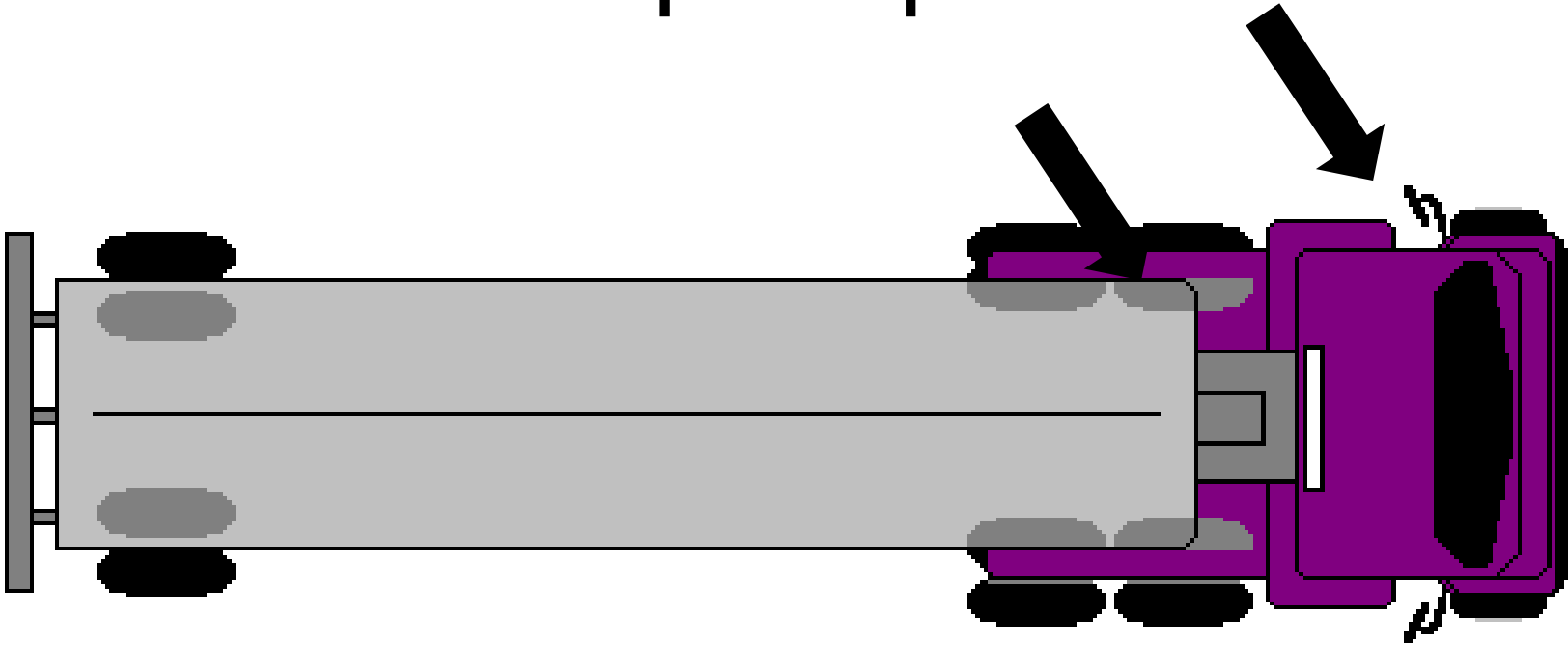
Pre-trip Inspections



Initiating the Inspection

- Check Shipping Papers Match
 - Placards
 - Markings
 - Labels

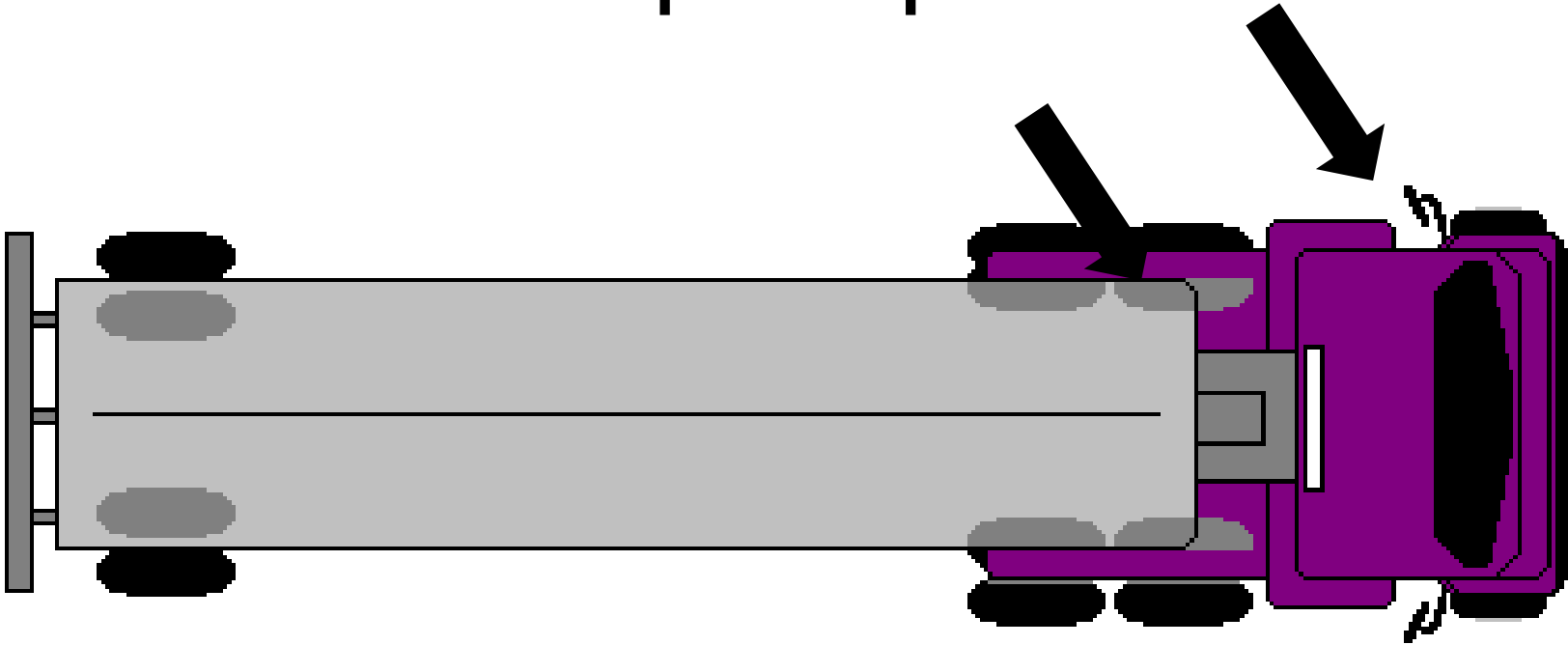
Pre-trip Inspections



Review Periodic Inspection

- Ensure Vehicle has required documents or decals
- Legible
- Current

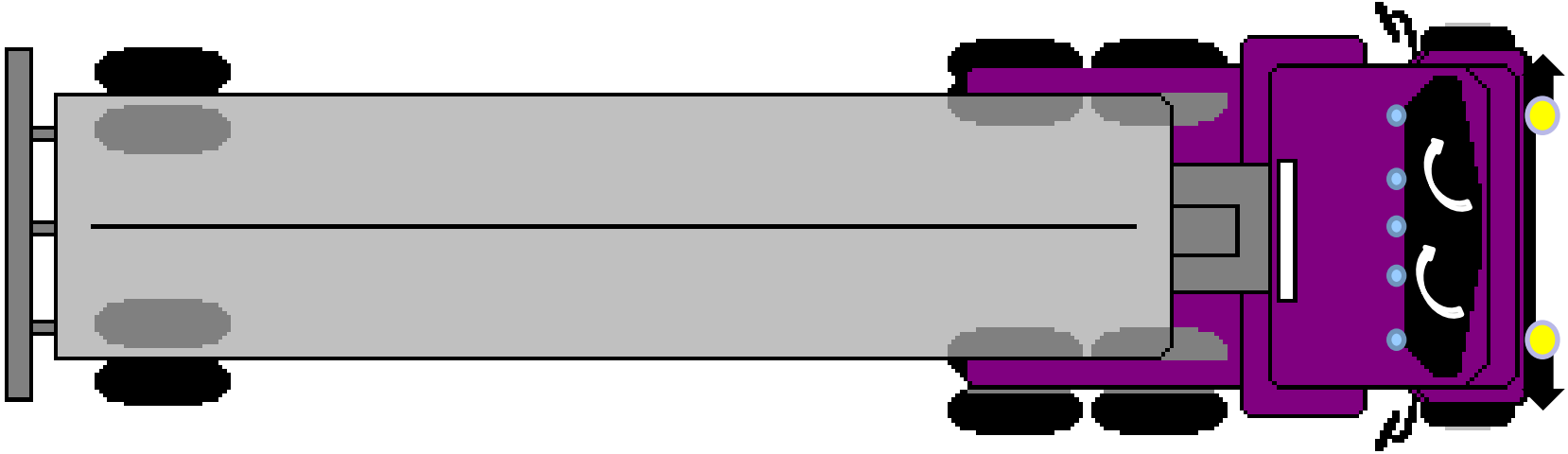
Pre-trip Inspections



Prepare Vehicle

- Transmission Neutral
- Engine Off
- Key in the “On Position”
- All lights on

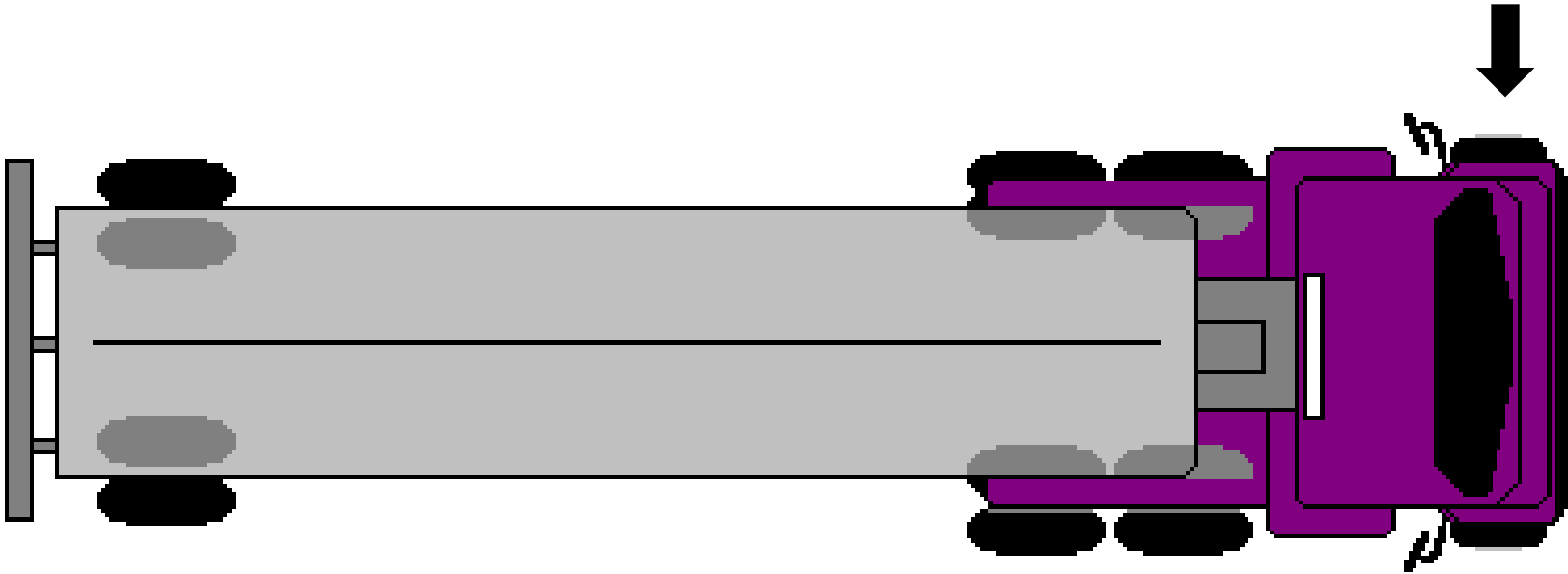
Pre-trip Inspections



Inspect Front of Tractor

- Headlamps
- Turn Signals (Don't Use the 4 ways)
- ID and Marker Lamps
- Windshield Wipers

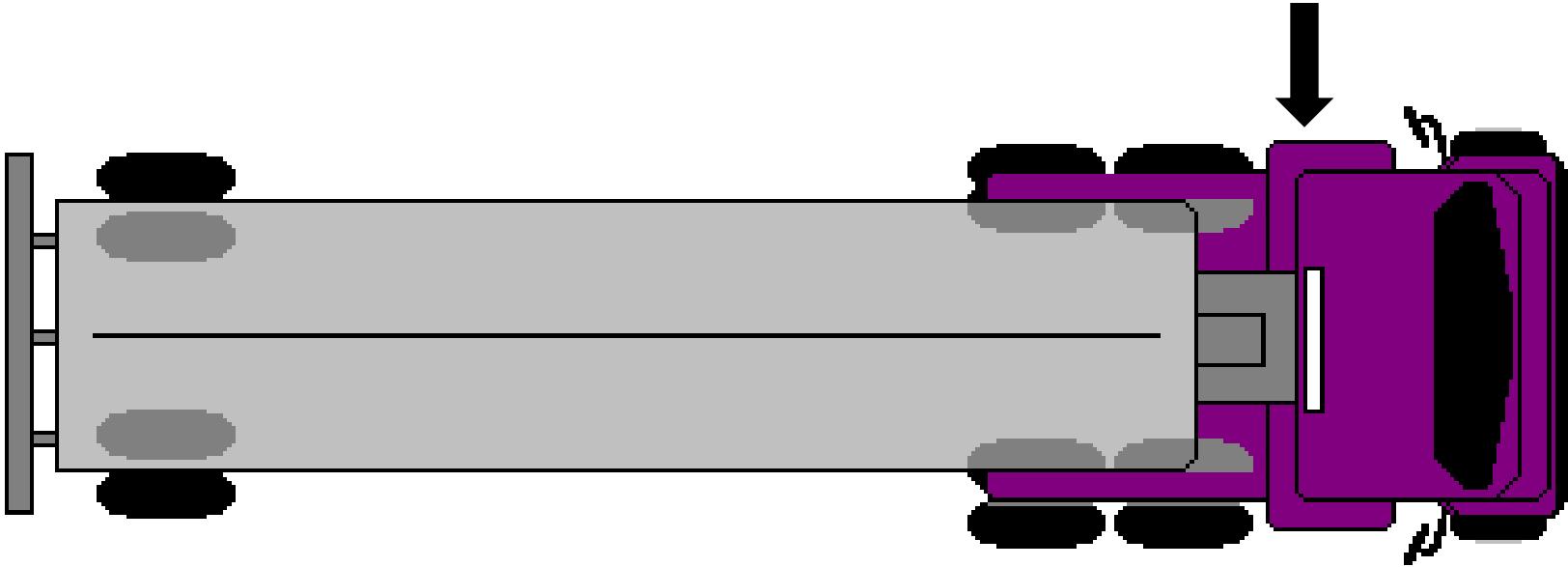
Pre-trip Inspections



Inspect Left Front of Tractor

- Front Wheel
- Rim
- Hub
- Tire

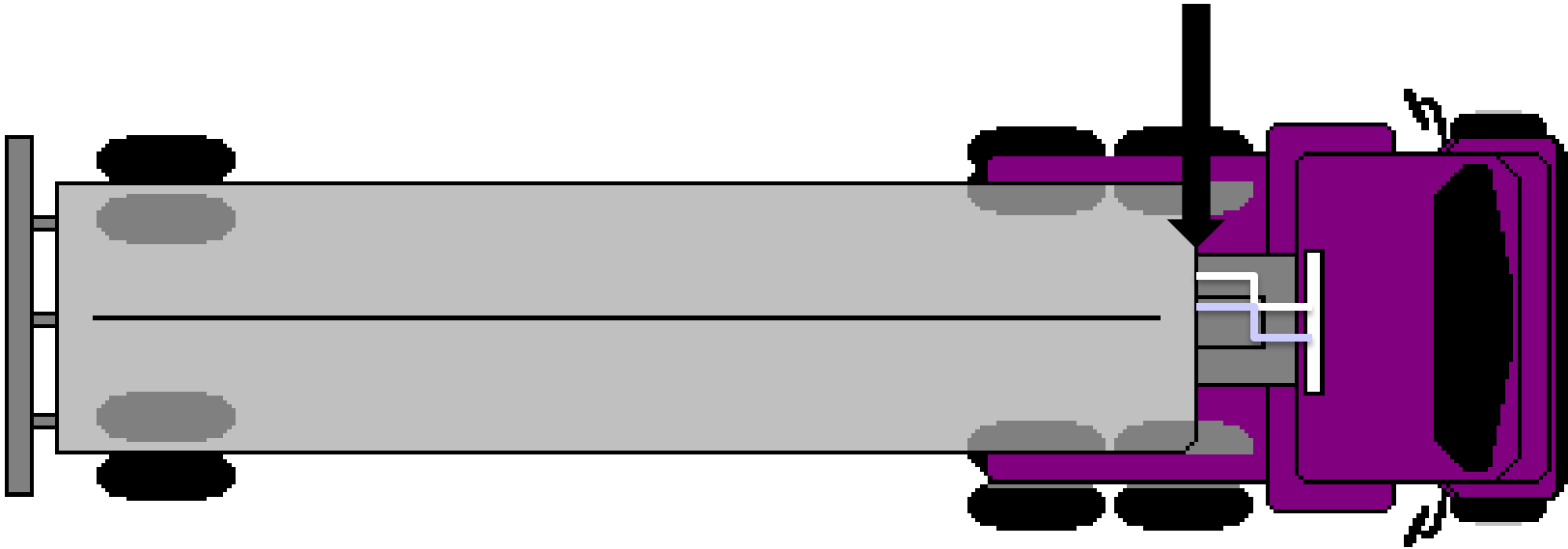
Pre-trip Inspections



Inspect Left Saddle Tank Area

- Fuel Tank Area – Leaks, Appropriate Cap, Secured
- Exhaust System
- Triangles – Emergency Devices
- Fire Extinguisher

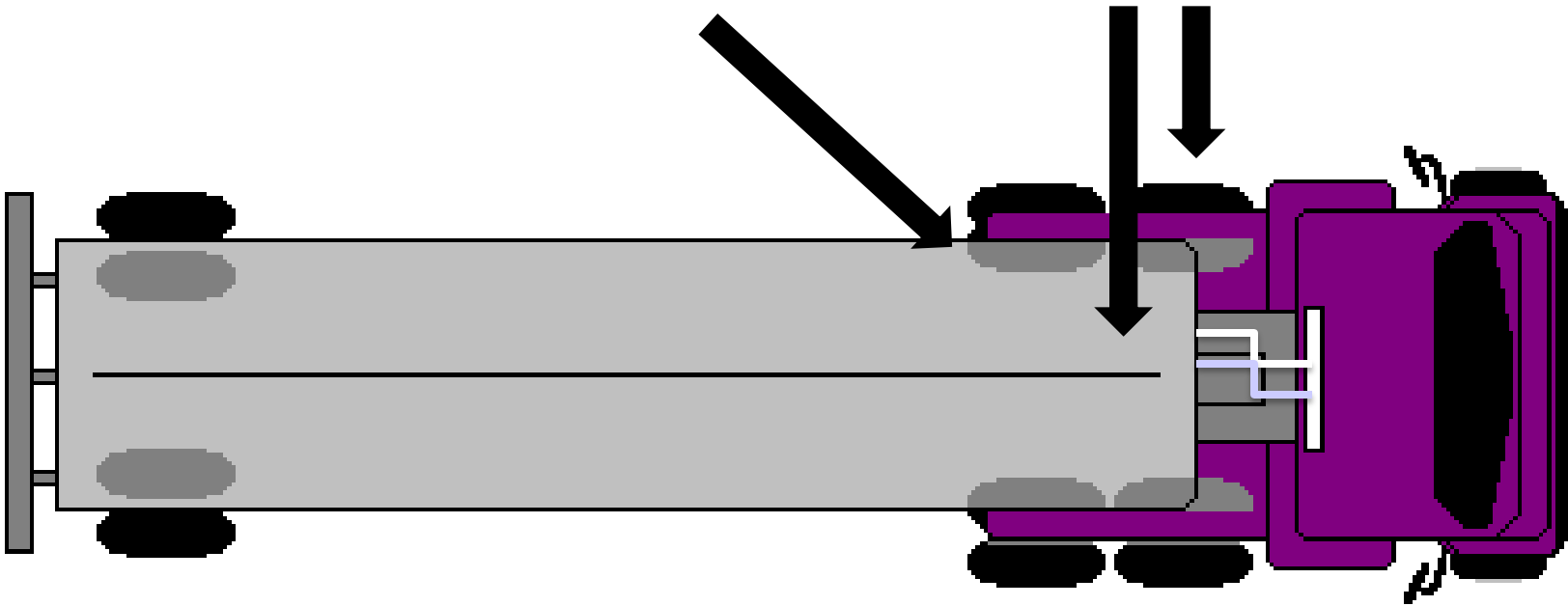
Pre-trip Inspections



Inspect Trailer Front

- Air Lines – Chafing, Visible Damage, Bulging, Connected
- Electrical Lines – Protected against shorts and Connected

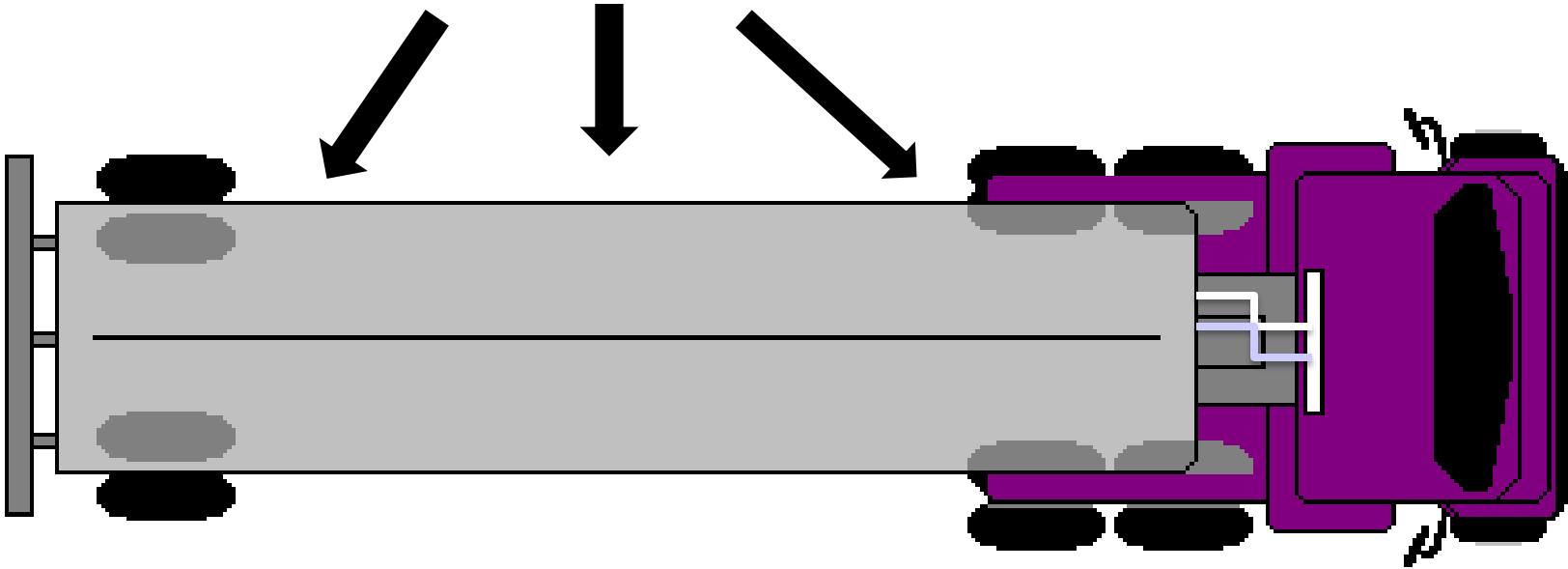
Pre-trip Inspections



Check Left Rear Tractor Area

- Wheels, rims, hubs and tires
- Lower Fifth Wheel
- Upper Fifth Wheel
- Sliding Fifth Wheel
- Required Lamps

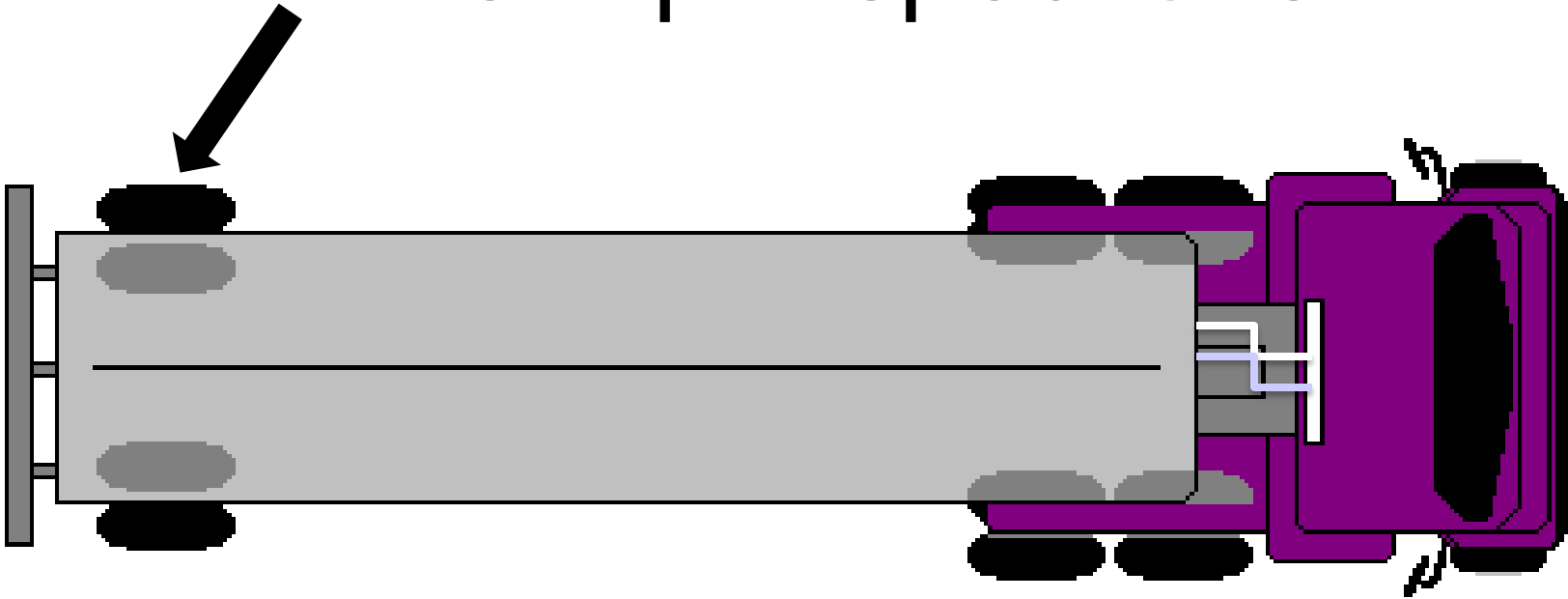
Pre-trip Inspections



Inspect Left Side of Trailer

- Frame and Body Cracks
- Hoses for chafing, damage or bulging
- Tank Securement
- Landing Gear Condition / Up?
- At least 50% of Length evenly applied reflective tape

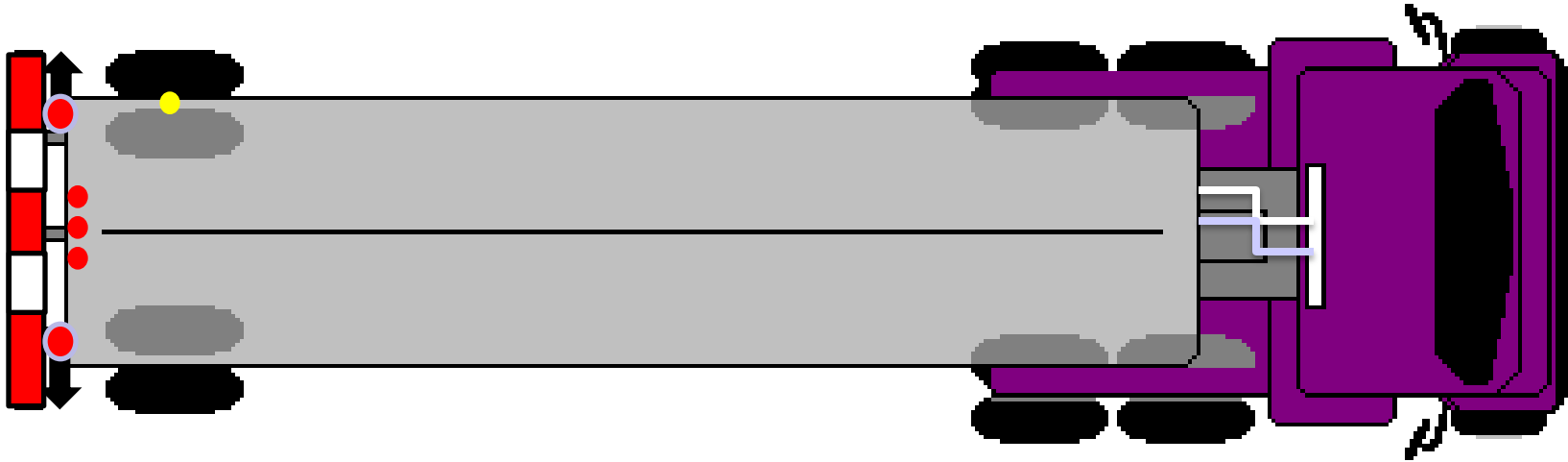
Pre-trip Inspections



Inspect Left Rear of Trailer

- Wheels, Rims, Hub and tires
- Sliding Tandems

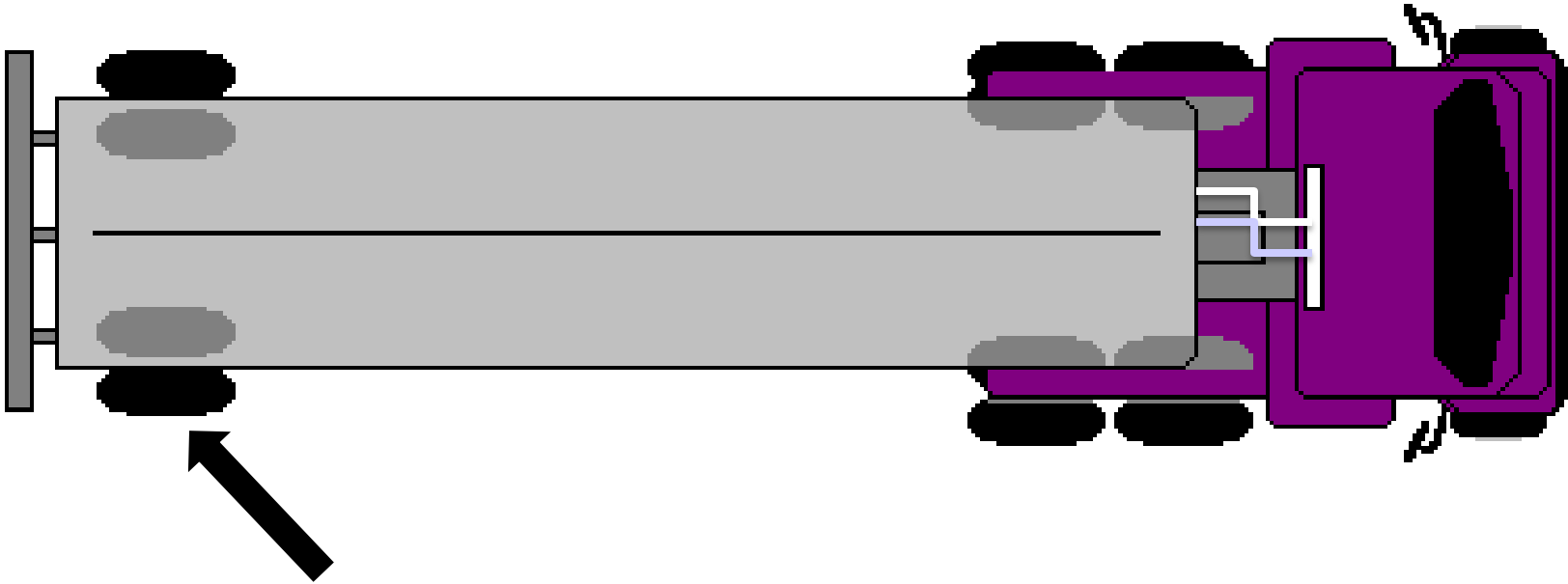
Pre-trip Inspections



Inspect Rear of Trailer

- Tail, Turn and Stop Lamps
- Id and Marker Lamps
- ABS Malfunction Lamp
- Entire Width of ICB Bar reflective tape

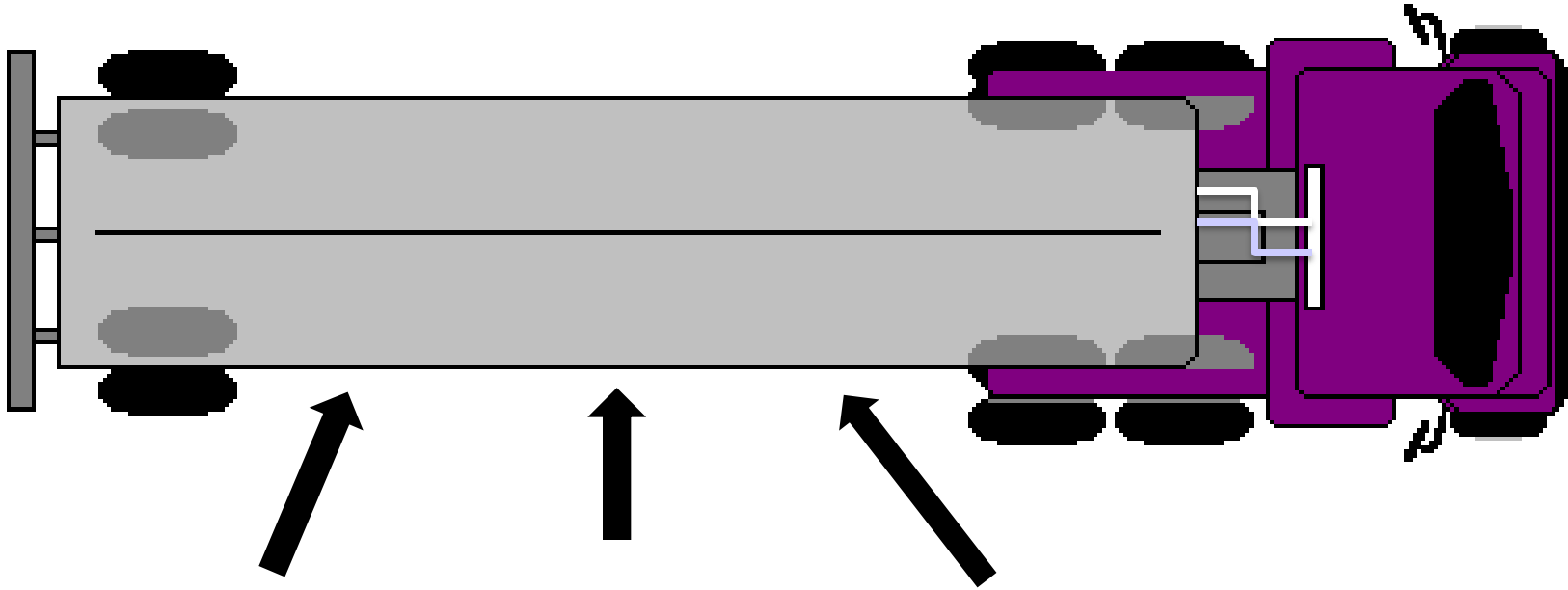
Pre-trip Inspections



Inspect Right Rear of Trailer

- Wheels, Rims, Hub and tires
- Sliding Tandems

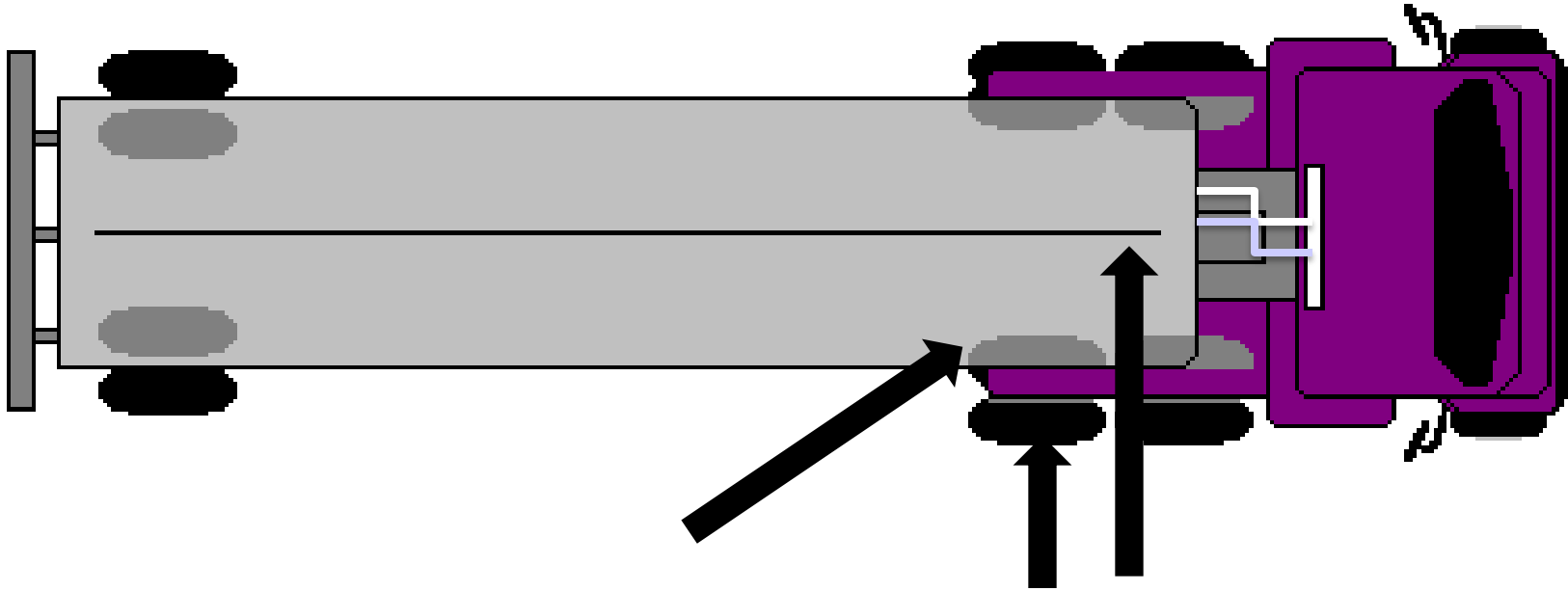
Pre-trip Inspections



Inspect Right Side of Trailer

- Frame and Body Cracks
- Hoses for chafing, damage or bulging
- Tank Securement
- At least 50% of Length evenly applied reflective tape

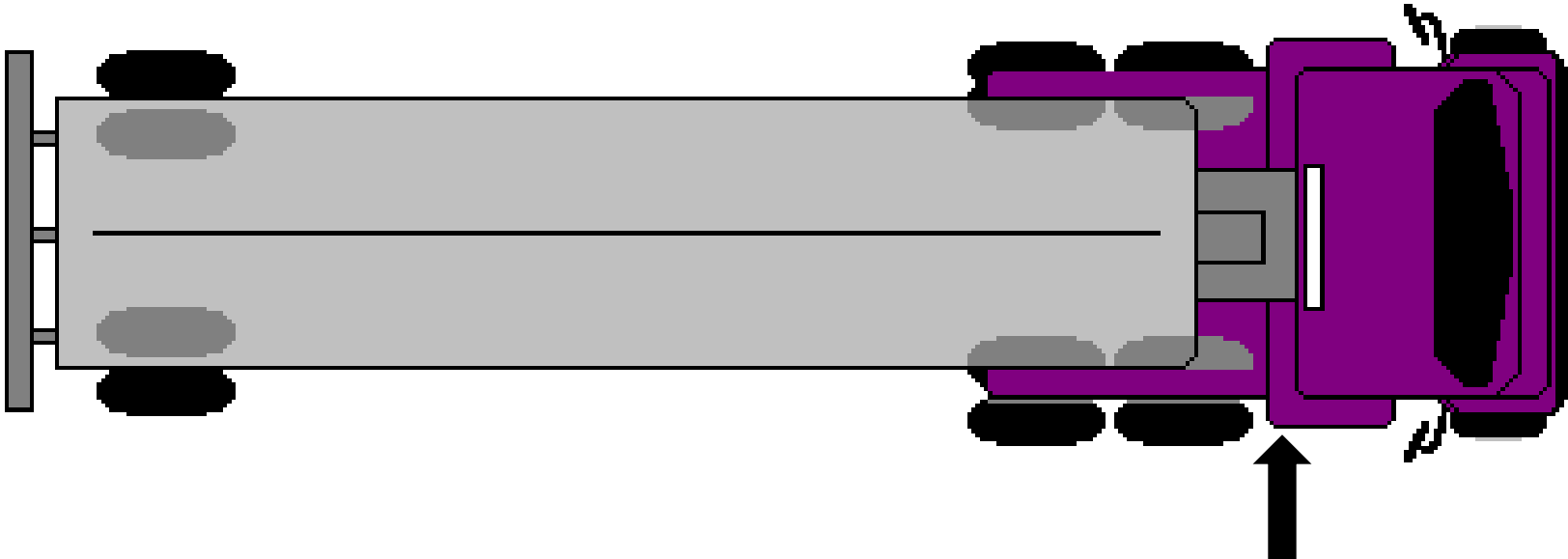
Pre-trip Inspections



Check Right Rear Tractor Area

- Wheels, rims, hubs and tires
- Lower Fifth Wheel
- Upper Fifth Wheel
- Sliding Fifth Wheel
- Required Lamps

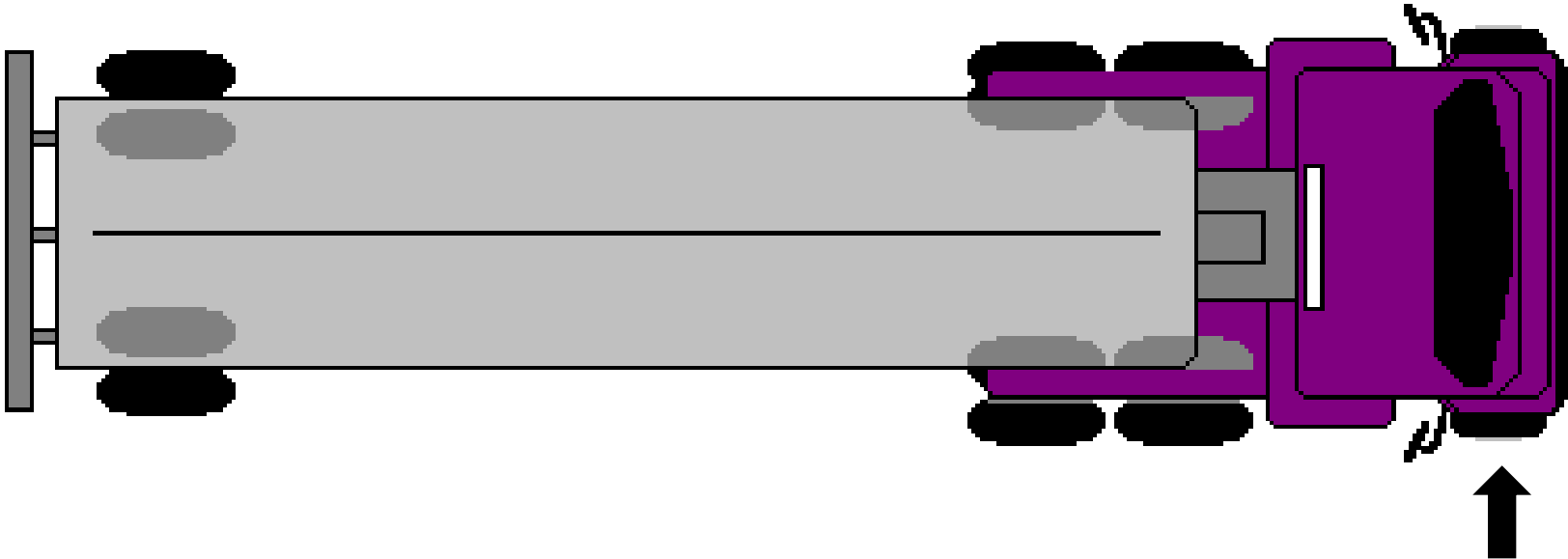
Pre-trip Inspections



Inspect Right Saddle Tank Area

- Fuel Tank Area – Leaks, Appropriate Cap, Secured
- Exhaust System

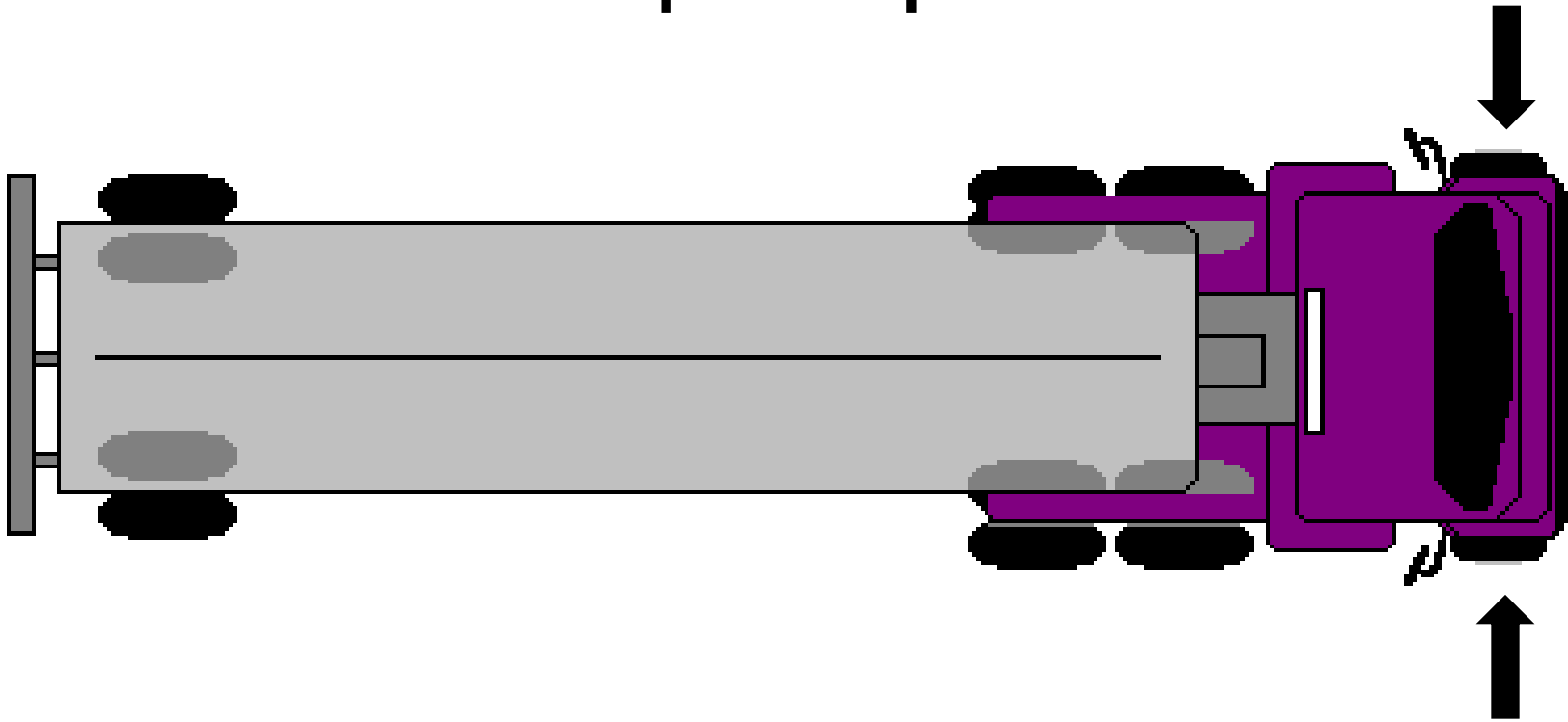
Pre-trip Inspections



Inspect Right Front of Tractor

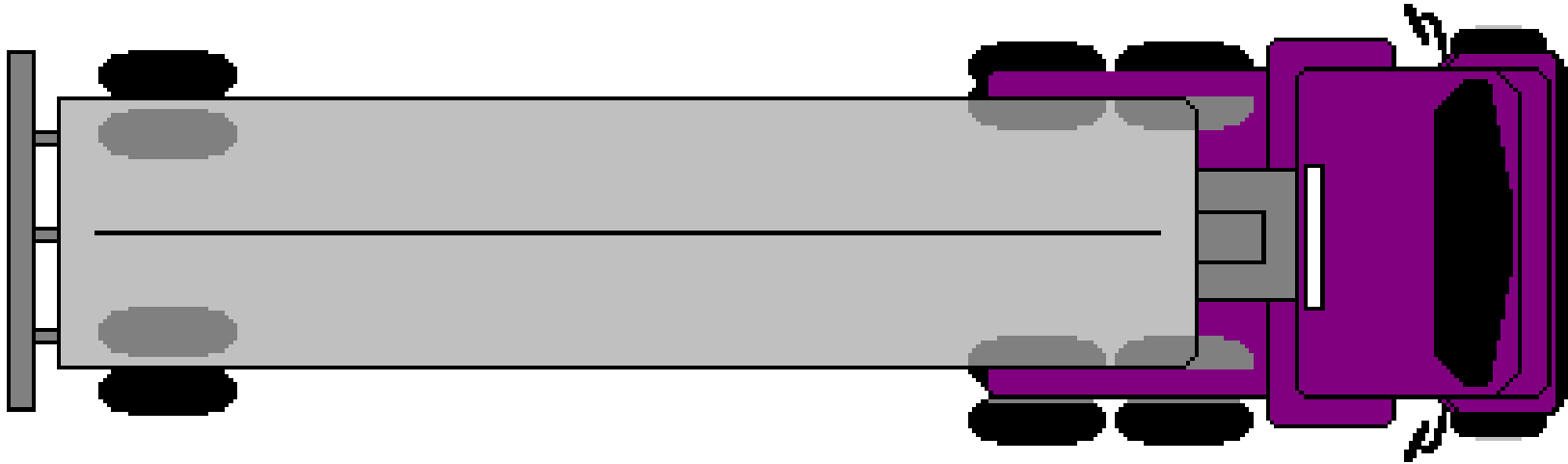
- Front Wheel
- Rim
- Hub
- Tire

Pre-trip Inspections



Inspect Engine Compartment
Fluid Levels
Hoses, Lines
Steering Box and Linkage
Ubolts, Springs, Shocks

Pre-trip Inspections



Passenger Compartment

Seatbelt

Safestart

Gauges

Brake Malfunction Lights (Low air or hydraulic “dummy light”)

The Top 10 Vehicle Defects

#10 I don't like hauling HazMat



#9 The Duct Tape gave me away



#8 My Load Shifted and now my axles are OVERWEIGHT



#7 The weight will hold it on



#6 Something fell off my truck?



#5 It rides just fine



#4 It was okay a bit ago!



#3 They were tight this morning



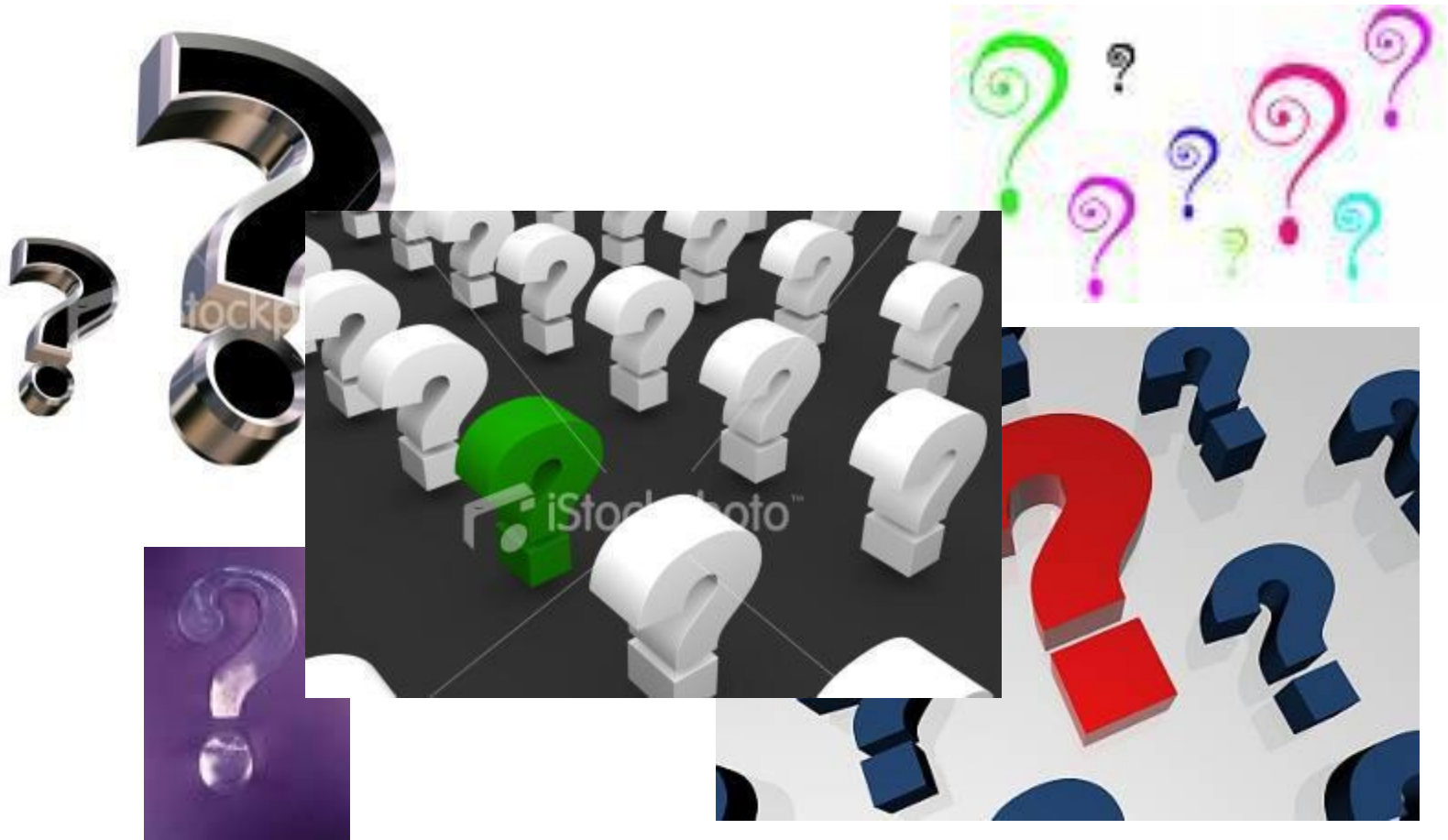
#2 The brakes didn't work...



#1 The rear turn or stop lamps



Questions



**Hours Of Service &
Records of Duty
Status**

Logbook - General

- Maintain home terminal time zone
- Entries to be current to last change of status
- Entries to be made only by driver
- Complete with all required information
- Remarks Section -
 - Name of city, town and state
 - Location by mile marker or intersection
 - Bill of lading number or load identifiers

Logbook - Required Entries

05/16/13

DRIVER'S DAILY LOG
(ONE CALENDAR DAY - 24 HOURS)

ORIGINAL - File each day at home terminal
DUPLICATE - Driver retains in his possession for eight days

RECAP

DAY NO. _____

DRIVING HRS. TODAY
TOTAL LINE 3 _____

DRIVING VIOLATION TODAY _____

ON DUTY HRS. TODAY TOTAL LINES 3 & 4 _____

70 HRS/8 DAY DRIVERS

A. TOTAL HRS. ON DUTY LAST 7 DAYS, INCL. TODAY _____

B. TOTAL HRS. AVAILABLE TOMORROW 70 HRS. MINUS A _____

HRS. ON DUTY LAST 8 DAYS, INCL. TODAY _____

HR/7 DAY DRIVERS

HRS. ON DUTY LAST 8 DAYS, INCL. TODAY _____

C. TOTAL HRS. ON DUTY LAST 7 DAYS, INCL. TODAY _____

AL HRS. AVAILABLE TOMORROW 80 HRS. MINUS A _____

(MONTH) (DAY) (YEAR) (TOTAL MILEAGE TODAY) I certify these entries are true and correct: VEHICLE NUMBERS - (SHOW EACH UNIT)

(TOTAL MILEAGE TODAY) (DRIVER'S SIGNATURE IN FULL)

(NAME OF CARRIER OR CARRIERS) **Date** (NAME OF CO-DRIVER)

(MAIN OFFICE ADDRESS) (HOME TERMINAL ADDRESS)

	MID-NIGHT	1	2	3	4	5	6	7	8	9	10	11	NOON	1	2	3	4	5	6	7	8	9	10	11	TOTAL HOURS
1: OFF DUTY																									
2: SLEEPER BERTH																									
3: DRIVING																									
4: ON DUTY (NOT DRIVING)																									

REM: **Multiple days may be covered on one page of the logbook if there are no changes in status.**

Example – Consecutive days off-duty.

Shipping: _____
Check the time and enter name of place you reported and where released from work and when and where each change of duty occurred. Explain excess hours.

FROM: _____ TO: _____
(STARTING POINT OR PLACE) (DESTINATION OR TURN AROUND POINT OR PLACE)

USE TIME STANDARD AT HOME TERMINAL

Logbook - Required Entries

DRIVER'S DAILY LOG (ONE CALENDAR DAY - 24 HOURS)

ORIGINAL - File each day at home terminal
DUPLICATE - Driver retains in his possession for eight days

123 / 456

RECAP

(MONTH) _____ (DAY) _____ (YEAR) _____ (TOTAL MILEAGE TODAY) _____
These entries are true and correct. VEHICLE NUMBERS - (SHOW EACH UNIT) _____
(DRIVER'S SIGNATURE IN FULL) _____

Equipment Numbers

(NAME OF CARRIER OR CARRIERS) _____ (NAME OF CO-DRIVER) _____
(MAIN OFFICE ADDRESS) _____ (HOME TERMINAL ADDRESS) _____

	MID-NIGHT	1	2	3	4	5	6	7	8	9	10	11	NOON	1	2	3	4	5	6	7	8	9	10	11	TOTAL HOURS
1: OFF DUTY																									
2: SLEEPER BERTH																									
3: DRIVING																									
4: ON DUTY (NOT DRIVING)																									
REMARKS																									

Each piece of equipment used this day must be recorded. May also show trailer drop and hooks by vehicle number on remarks below.

Shipping Check # _____

FROM: _____ (STARTING POINT OR PLACE) TO: _____ (DESTINATION OR TURN AROUND POINT OR PLACE)
USE TIME STANDARD AT HOME TERMINAL

DAY NO. _____
DRIVING HRS. TODAY _____
TOTAL LINE 3 _____
DRIVING VIOLATION TODAY _____
ON DUTY HRS. TODAY TOTAL LINES 3 & 4 _____
70 HR/8 DAY DRIVERS
A. TOTAL HRS. ON DUTY LAST 7 DAYS, INCL. TODAY _____
B. TOTAL HRS. AVAILABLE TOMORROW 70 HRS. MINUS A _____
C. TOTAL HRS. ON DUTY LAST 8 DAYS, INCL. TODAY _____
60 HR/7 DAY DRIVERS
TOTAL HRS. ON DUTY LAST 8 DAYS, INCL. TODAY _____
TOTAL HRS. AVAILABLE TOMORROW 60 HRS. MINUS A _____
C. TOTAL HRS. ON DUTY LAST 7 DAYS, INCL. TODAY _____

Logbook - Required Entries

Driver Signature

DRIVER'S DAILY LOG (ONE CALENDAR DAY - 24 HOURS)

ORIGINAL - File each day at home terminal
DUPLICATE - Driver retains in his possession for eight days

RECAP

(MONTH)	(DAY)	(YEAR)	(TOTAL MILEAGE TODAY)	certify these entries are true and correct:	VEHICLE NUMBERS - (SHOW EACH UNIT)
				<i>Willie B. Trucker</i>	
(TOTAL MILES DRIVING TODAY)				(DRIVER'S SIGNATURE IN FULL)	
(NAME OF CARRIER OR CARRIERS)				(NAME OF CO-DRIVER)	
(MAIN OFFICE ADDRESS)				(HOME TERMINAL ADDRESS)	
MID-				TOTAL	

- 1: The driver is required to sign the logbook to certify the information is true and correct.
 - 2:
 - 3:
 - 4: The logbook should be signed at the end of the day, or at the end of their shift when the driver knows they will be off-duty the remainder of the day.
- A driver is responsible for the accuracy of the logbook, even though it may not yet be signed.

Ship
Che
FRI

RECAP
DAY NO
DRIVING HRS
TOTAL LINE 3
DRIVING
VIOLATION
TODAY
ON DUTY HRS
TODAY TOTAL
LINES 3 & 4
R/8
Y
ERS
R/7
Y
ERS
R/7
Y
ERS

Logbook - Required Entries

Co-Driver Name

RIVER'S DAILY LOG
(ONE CALENDAR DAY - 24 HOURS)

ORIGINAL - File each day at home terminal
DUPLICATE - Driver retains in his possession for eight days

RECAP

DAY NO.

DRIVING HRS. TODAY
TOTAL LINE 3

DRIVING VIOLATION TODAY

ON DUTY HRS. TODAY TOTAL LINES 3 & 4

70 HR/8 DAY DRIVERS

A. TOTAL HRS. ON DUTY LAST 7 DAYS, INCL. TODAY

B. TOTAL HRS. AVAILABLE TOMORROW 70 HRS. MINUS A

C. TOTAL HRS. ON DUTY LAST 8 DAYS, INCL. TODAY

60 HR/7 DAY DRIVERS

A. TOTAL HRS. ON DUTY LAST 6 DAYS, INCL. TODAY

B. TOTAL HRS. AVAILABLE TOMORROW 60 HRS. MINUS A

C. TOTAL HRS. ON DUTY LAST 7 DAYS, INCL. TODAY

(MONTH) (DAY) (YEAR) (TOTAL MILEAGE TODAY) I certify these entries are true and correct: VEHICLE NUMBERS - (SHOW EACH UNIT)

(TOTAL MILES DRIVING TODAY) (DRIVER'S SIGNATURE IN FULL) **I. M. Shotgun**

(NAME OF CARRIER OR CARRIERS) (NAME OF CO-DRIVER)

(MAIN OFFICE ADDRESS) (HOME TERMINAL ADDRESS)

	MID-NIGHT	1	2	3	4	5	6	7	8	9	10	11	NOON	1	2	3	4	5	6	7	8	9	10	11	TOTAL HOURS
1: OFF DUTY																									
2: SLEEPER BERTH																									
3: DRIVING																									
4: ON DUTY (NOT DRIVING)																									

The Co-Driver's name, not their signature is recorded here.

If there is no Co-Driver, record an "N/A".

REMARKS

Shipping documents
Check the time and enter name of place you reported and where released from work and when and where each change of duty occurred. Explain excess hours.

FROM: (STARTING POINT OR PLACE) TO: (DESTINATION OR TURN AROUND POINT OR PLACE)
USE TIME STANDARD AT HOME TERMINAL

Logbook - Required Entries

DRIVER'S DAILY LOG
(ONE CALENDAR DAY - 24 HOURS)

ORIGINAL - File each day at home terminal
DUPLICATE - Driver retains in his possession for eight days

(MONTH) (DAY) (YEAR) **495** (TOTAL MILEAGE TODAY) I certify these entries are true and correct: VEHICLE NUMBERS - (SHOW EACH UNIT)

(TOTAL MILES DRIVING TODAY) (DRIVER'S SIGNATURE IN FULL)

(NAME OF CARRIER OR CARRIERS)

Total Miles Driving

(MAIN OFFICE ADDRESS) (HOME TERMINAL ADDRESS)

	MID-NIGHT	1	2	3	4	5	6	7	8	9	10	11	NOON	1	2	3	4	5	6	7	8	9	10	11	TOTAL HOURS
1: OFF DUTY																									
2: SLEEPER BERTH																									
3: DRIVING																									
4: ON DUTY (NOT DRIVING)																									
REMARKS																									

Shipping document
Check the time and date

FROM: (STARTING POINT OR PLACE) TO: (DESTINATION OR TURN AROUND POINT OR PLACE)

USE TIME STANDARD AT HOME TERMINAL

70 HR/8 DAY DRIVERS

A. TOTAL HRS. ON DUTY LAST 7 DAYS, INCL. TODAY

B. TOTAL HRS. AVAILABLE TOMORROW 70 HRS. MINUS A

C. TOTAL HRS. ON DUTY LAST 8 DAYS, INCL. TODAY

60 HR/7 DAY DRIVERS

A. TOTAL HRS. ON DUTY LAST 8 DAYS, INCL. TODAY

B. TOTAL HRS. AVAILABLE TOMORROW 60 HRS. MINUS A

C. TOTAL HRS. ON DUTY LAST 7 DAYS, INCL. TODAY

Logbook - Required Entries

DRIVER'S DAILY LOG (ONE CALENDAR DAY - 24 HOURS)

Motor Carrier Name

Trucks R' Us Trucking



(MONTH)	(DAY)	(YEAR)	(TOTAL MILEAGE TODAY)	I certify the entries are true and correct:	VEHICLE NUMBERS - (SHOW EACH UNIT)																				
(TOTAL MILES DRIVING TODAY)			(DRIVER'S SIGNATURE IN FULL)																						
(NAME OF CARRIER OR CARRIERS)			(NAME OF CO-DRIVER)																						
(MAIN OFFICE ADDRESS)											(HOME TERMINAL ADDRESS)											TOTAL HOURS			
MID-NIGHT	1	2	3	4	5	6	7	8	9	10	11	NOON	1	2	3	4	5	6	7	8	9	10	11		
1: OFF DUTY																									
2: SLEEPER BERTH																									
3: DRIVING																									
4: ON DUTY (NOT DRIVING)																									
REMARKS																									
Shipping document, manifest number, or name of a shipper and commodity. Check the time and enter name of place you reported and where released from work and when and where each change of duty occurred. Explain excess hours.																									
FROM: _____												TO: _____													
(STARTING POINT OR PLACE)												(DESTINATION OR TURN AROUND POINT OR PLACE)													
USE TIME STANDARD AT HOME TERMINAL																									

70 HR/8 DAY DRIVERS

A. TOTAL HRS. ON DUTY LAST 7 DAYS, INCL. TODAY

B. TOTAL HRS. AVAILABLE TOMORROW 70 HRS. MINUS A

C. TOTAL HRS. ON DUTY LAST 8 DAYS, INCL. TODAY

60 HR/7 DAY DRIVERS

A. TOTAL HRS. ON DUTY LAST 6 DAYS, INCL. TODAY

B. TOTAL HRS. AVAILABLE TOMORROW 60 HRS. MINUS A

C. TOTAL HRS. ON DUTY LAST 7 DAYS, INCL. TODAY

Logbook - Required Entries

Motor Carrier Main Address

DRIVER
(ONE CALL)

(MONTH) (DAY) (YEAR) (TOTAL MILEAGE TODAY) I certify that these are true and correct: VEHICLE NUMBERS - (SHOW EACH UNIT)

(TOTAL MILES DRIVING TODAY) (DRIVER'S SIGNATURE IN FULL)

(NAME OF CARRIER OR CARRIERS) **Anywhere, Iowa 12345** (NAME OF CO-DRIVER)

(MAIN OFFICE ADDRESS) (HOME TERMINAL ADDRESS)

	MID-NIGHT	1	2	3	4	5	6	7	8	9	10	11	NOON	1	2	3	4	5	6	7	8	9	10	11	TOTAL HOURS		
1: OFF DUTY																											
2: SLEEPER BERTH																											
3: DRIVING																											
4: ON DUTY (NOT DRIVING)																											
REMARKS																											

Shipping documents
Check the time

FROM: (STARTING POINT OR PLACE) (DESTINATION OR TURN AROUND POINT OR PLACE)

USE TIME STANDARD AT HOME TERMINAL

70 HR/8 DAY DRIVERS

A. TOTAL HRS. ON DUTY LAST 7 DAYS, INCL. TODAY

B. TOTAL HRS. AVAILABLE TOMORROW 70 HRS. MINUS A

C. TOTAL HRS. ON DUTY LAST 8 DAYS, INCL. TODAY

60 HR/7 DAY DRIVERS

A. TOTAL HRS. ON DUTY LAST 6 DAYS, INCL. TODAY

B. TOTAL HRS. AVAILABLE TOMORROW 60 HRS. MINUS A

C. TOTAL HRS. ON DUTY LAST 7 DAYS, INCL. TODAY

The motor carrier main office or home office address goes here.

Terminal addresses are optional.

Logbook - Required Entries

DRIVER'S DAILY LOG
(ONE CALENDAR DAY - 24 HOURS)

ORIGINAL - File each day at home terminal
DUPLICATE - Driver retains in his possession for eight days

(MONTH) (DAY) (YEAR) (TOTAL MILEAGE TODAY) I certify these entries are true and correct: VEHICLE NUMBERS - (SHOW EACH UNIT)

(TOTAL MILES DRIVING TODAY) SIGNATURE IN FULL

(NAME OF CARRIER OR CARRIERS) CO-DRIVER

(MAIN OFFICE ADDRESS) (HOME TERMINAL ADDRESS)

	MID-NIGHT	1	2	3	4	5	6	7	8	9	10	11	NOON	1	2	3	4	5	6	7	8	9	10	11	TOTAL HOURS	
1: OFF DUTY																									12	
2: SLEEPER BERTH																										0
3: DRIVING																										10
4: ON DUTY (NOT DRIVING)																										2
REMARKS																										24

Total Grid Hours

The hours shown in each line of the grid are totaled here. Each day should total at 24 hours.

Shipping document, manifest number, or name of a shipper and commodity.
Check the time and enter name of place you reported and where released from work and when and where each change of duty occurred. Explain excess hours.

FROM: (STARTING POINT OR PLACE) TO: (DESTINATION OR TURN AROUND POINT OR PLACE)
USE TIME STANDARD AT HOME TERMINAL

RECAP

DAY NO.

DRIVING HRS TODAY
TOTAL LINE 3

DRIVING VIOLATION TODAY

ON DUTY HRS TODAY TOTAL LINES 3 & 4

70 HR/8 DAY DRIVERS

A. TOTAL HRS ON DUTY LAST 7 DAYS, INCL TODAY

B. TOTAL HRS AVAILABLE TOMORROW 70 HRS, MINUS A

C. TOTAL HRS ON DUTY LAST 8 DAYS, INCL TODAY

60 HR/7 DAY DRIVERS

D. HRS ON DUTY LAST 6 DAYS, INCL TODAY

E. TOTAL HRS AVAILABLE TOMORROW 60 HRS, MINUS A

F. TOTAL HRS ON DUTY LAST 7 DAYS, INCL TODAY

Logbook - Required Entries

The document number must be shown on the logbook. It can either be placed on the line provided, if the logbook has one, or included into the remarks section of the logbook.

If there is no shipping document, then the name of the commodity and the name of the shipper must be included in the remarks.

12345XYZ

Shipping document, manifest number, name of a shipper and commodity. Check the time and enter name of place reported and where released from work and when and where each change of duty occurred. Explain excess hours.

FROM: _____
(STARTING POINT OF TRIP)

Shipping Document Number

RECAP

DAY NO

DRIVING HRS
TODAY
TOTAL LINE 3

DRIVING
VIOLATION
TODAY

ON DUTY HRS
TODAY TOTAL
LINES 3 & 4

70 HR/8
DAY
DRIVERS

A.
TOTAL HRS. ON
DUTY LAST 7
DAYS, INCL
TODAY

B.
TOTAL HRS.
AVAILABLE
TOMORROW
70 HRS. MINUS A

C.
TOTAL HRS. ON
DUTY LAST 8
DAYS, INCL
TODAY

60 HR/7
DAY
DRIVERS

A.
TOTAL HRS. ON
DUTY LAST 8
DAYS, INCL
TODAY

B.
TOTAL HRS.
AVAILABLE
TOMORROW
60 HRS. MINUS A

C.
TOTAL HRS. ON
DUTY LAST 7
DAYS, INCL
TODAY

Logbook - Required Entries

DRIVER'S DAILY LOG
(ONE CALENDAR DAY - 24 HOURS)

ORIGINAL - File each day at home terminal
DUPLICATE - Driver retains in his possession for eight days

RECAP

DAY NO.

DRIVING HRS.
TODAY
TOTAL LINE 3

DRIVING
VIOLATION
TODAY

ON DUTY HRS.
TODAY TOTAL
LINES 3 & 4

**70 HRS
DAY
DRIVERS**

TOTAL HRS. ON
DUTY LAST 7
DAYS, INCL.
TODAY

B.
TOTAL HRS.
AVAILABLE
TOMORROW
70 HRS. MINUS A

C.
TOTAL HRS. ON
DUTY LAST 8
DAYS, INCL.
TODAY

**60 HR/7
DAY
DRIVERS**

A.
TOTAL HRS. ON
DUTY LAST 8
DAYS, INCL.
TODAY

B.
TOTAL HRS.
AVAILABLE
TOMORROW
60 HRS. MINUS A

C.

The driver must record geographic locations for each change of status in the remarks section.

This may be a town and state name, or a mile-marker or intersection identifier.

(MONTH) _____

1: OFF DUTY

2: SLEEPING

3: DRIVING

4: ON DUTY (NOT DRIVING)

MID-NIGHT 1 2 3 4 5 6 7 8 9 10 11 NOON 1 2 3 4 5 6 7 8 9 10 11

REMARKS

Anywhere, IA

Somewhere, MO

Nowhere, IA

Shipping document, manifest number, or name of a shipper and commodity.
Check the time and enter name of place you reported and where released from work and when and where each change of duty occurred. Explain excess hours.

FROM: _____ (STARTING POINT OR PLACE) TO: _____ (DESTINATION)

USE TIME STANDARD AT HOME TERMINAL

Remarks

Putting It All Together

01/04/04 (MONTH) (DAY) (YEAR) **655** (TOTAL MILEAGE TODAY) **495** (TOTAL MILES DRIVING TODAY)

123 / 456 (VEHICLE NUMBERS - SHOW EACH UNIT)

Willie B. Trucker (DRIVER'S SIGNATURE IN FULL) **I. M. Shotgun** (NAME OF CO-DRIVER)

Trucks R' Us Trucking (NAME OF CARRIER OR CARRIERS) **Anywhere, Iowa 12345** (MAIN OFFICE ADDRESS)

Anywhere, IA (HOME TERMINAL ADDRESS)

	MID-NIGHT	1	2	3	4	5	6	7	8	9	10	11	NOON	1	2	3	4	5	6	7	8	9	10	11	TOTAL HOURS
1: OFF DUTY	[Blue line from 12:00 AM to 8:00 AM and 10:00 PM to 12:00 AM]																							10	
2: SLEEPER BERTH	[Blue line from 8:00 AM to 10:00 PM]																							3	
3: DRIVING	[Blue line from 8:00 AM to 10:00 PM]																							9.5	
4: ON DUTY (NOT DRIVING)	[Blue line from 10:00 PM to 12:00 AM]																							1.5	
REMARKS	[Blue line from 12:00 AM to 12:00 AM]																							24	

12345XYZ

Nowhere, MO (HOME TERMINAL ADDRESS)

Somewhere, IA (HOME TERMINAL ADDRESS)

Shipping document, manifest number, or name of a shipper and commodity. Check the time and enter name of place you reported and where released from work and when and where each change of duty occurred. Explain excess hours.

FROM: **Not Required** TO: **Not Required** (OR PLACE)

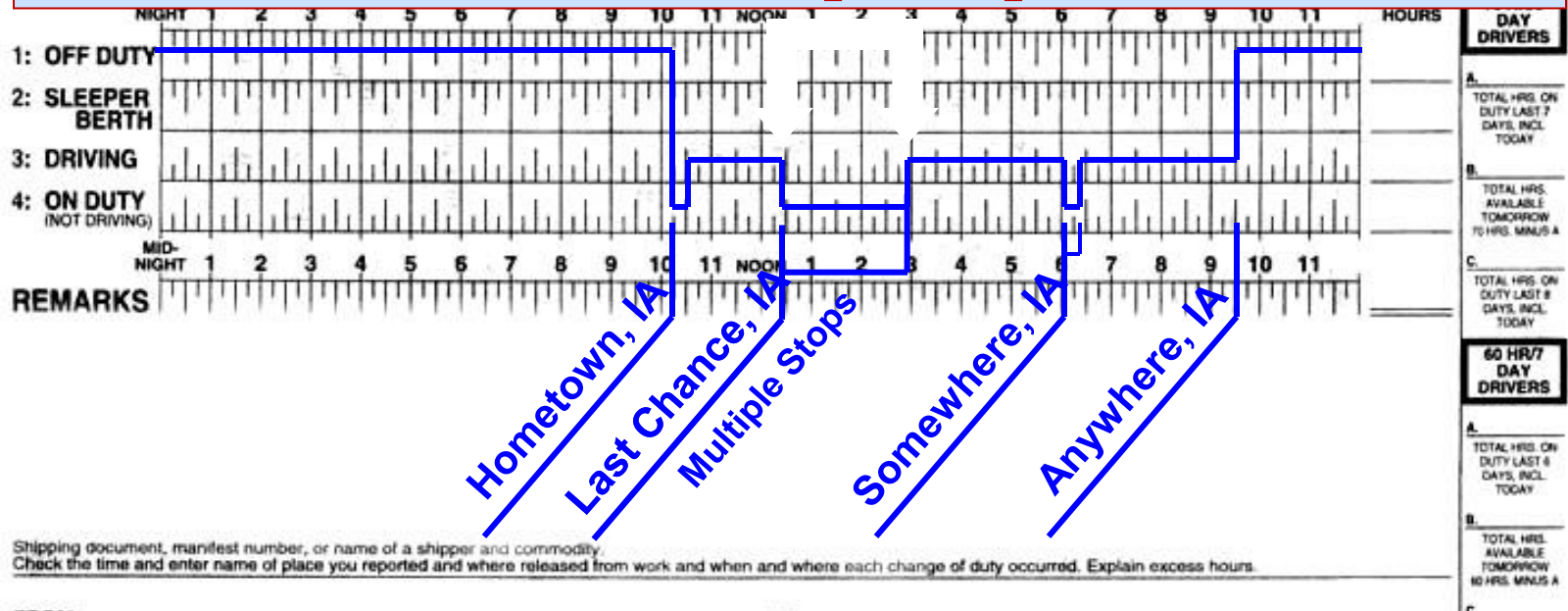
USE TIME STANDARD AT HOME TERMINAL

RECAP

Not Required But Recommended

Multiple stops in one town may be recorded in aggregate in the following situations.

- 1) Within one city, town or village
- 2) All on-duty time in town is combined in one block
- 3) All drive time in town is combined within the block
- 4) Remarks indicate multiple stops within the town



2.5 Hours on-duty + .5 hours driving = 3 Hour block

Retaining Previous 7 Days

- **CVSA only requires you to maintain logs for those days you are required to have one.**
- **Good Industry Practice is to list local driving or exempt driving days and days off in the log**
- **Exemptions and Exceptions have strings attached**

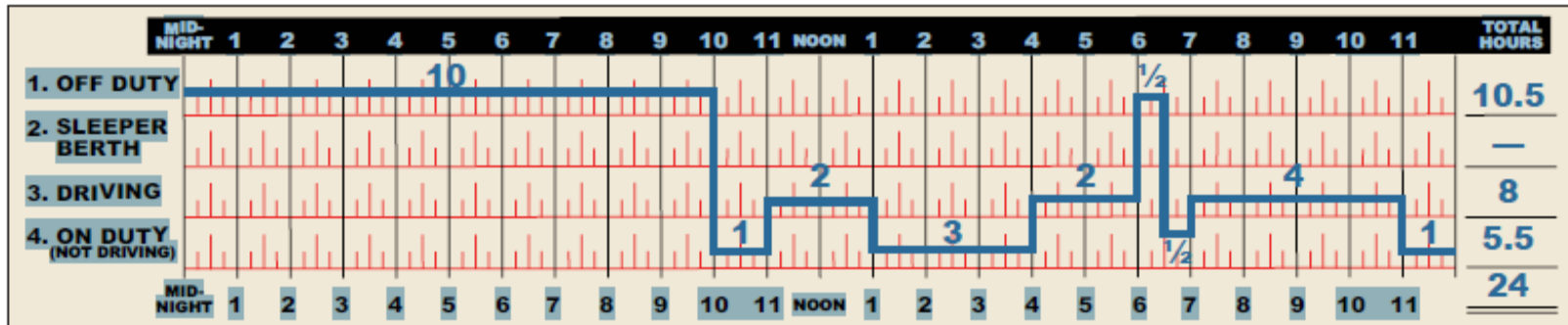
Rest Period Options

Can Now Be Logged as Off Duty

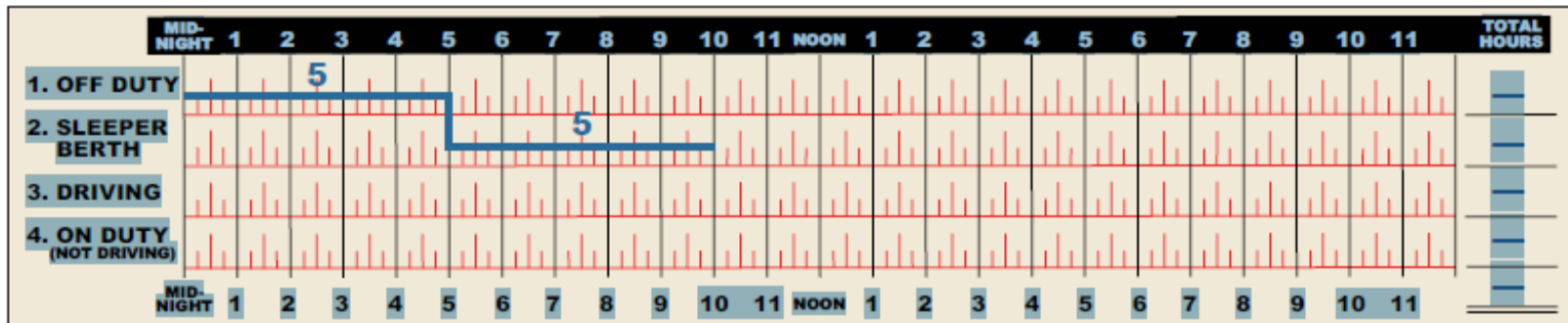


Must Not Drive After 8 Hours Since Last Break of at Least 1/2 Hour

Day 1



Day 2



Rest Periods

Example 1

01-01
(Month)(Day)(Year)

DRIVER'S DAILY LOG
(One Calendar Day - 24 Hours)

I Certify these entries are true and

(Vehicle Miles Today)

Vehicle Numbers / (Show Each Unit)

	Mid	1	2	3	4	5	6	7	8	9	10	11	NOON	1	2	3	4	5	6	7	8	9	10	11	12	Hours	
Off Duty	[Green shaded area]																										
Sleeper																											
Driving																											
On Duty (Not)																											

Continuous 10 Hr Off Duty

Rest Periods

Example 4

04-01
(Month)(Day)(Year)

DRIVER'S DAILY LOG
(One Calendar Day - 24 Hours)

I Certify these entries are true and correct

(Vehicle Miles Today) _____

Vehicle Numbers / (Show Each Unit) _____

	Mid	1	2	3	4	5	6	7	8	9	10	11	NOON	1	2	3	4	5	6	7	8	9	10	11	12	Hours
Off Duty																										
Sleeper																										
Driving																										
On Duty (Not Driving)																										

Continuous 10 Hr SB

Rest Periods

Example 3

03-01
(Month)(Day)(Year)

DRIVER'S DAILY LOG
(One Calendar Day - 24 Hours)

I Certify these entries are true and correct

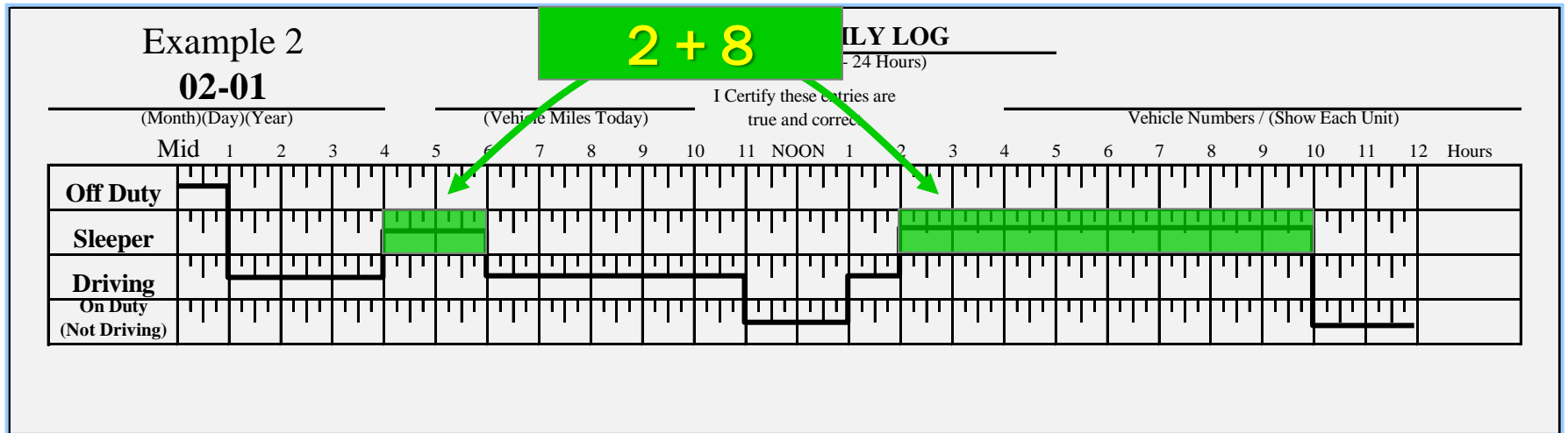
(Vehicle Miles Today) _____

Vehicle Numbers / (Show Each Unit) _____

	Mid	1	2	3	4	5	6	7	8	9	10	11	NOON	1	2	3	4	5	6	7	8	9	10	11	12	Hours
Off Duty																										
Sleeper																										
Driving																										
On Duty (Not Driving)																										

Combination SB & Off Duty

Rest Periods



Sleeper Berth Provision

Four Driving Time Rules

11 Hours Driving

14 Hours On-duty

60 Hours in 7 days or 70 Hours in 8 days

Half Hour Break After 8 Hours

11 Hour Rule



OFFICIAL
DELUXE DUPLICATE COPY

DRIVER'S DAILY LOG

PRESCRIBED BY FEDERAL HIGHWAY ADMINISTRATION • U.S. DEPARTMENT OF TRANSPORTATION

- CONTAINS:
- REGULATIONS
 - DAILY VEHICLE INSPECTION REPORT
 - INSTRUCTIONS
 - MONTHLY LOG SUMMARY

MONTH: _____ YEAR: _____



DRIVER: _____ CARRIER: _____

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1LD
Rev. 8/96

- File each day at home terminal
- Driver retains in his possession for eight days

Vehicle Numbers - (SHOW EACH UNIT)

Driver's Signature in Full

Name of Co-Driver

Terminal Address

6	7	8	9	10	11	TOTAL HOURS

6	7	8	9	10	11	TOTAL HOURS

Explain excess hours.

RECAP

DAY NO

DRIVING HRS TODAY
TOTAL LINE 3

DRIVING VIOLATION TODAY

ON DUTY HRS TODAY TOTAL LINES 3 & 4

70 HR/8 DAY DRIVERS

A. TOTAL HRS ON DUTY LAST 7 DAYS, INCL TODAY

B. TOTAL HRS AVAILABLE TOMORROW TO HRS MINUS A

C. TOTAL HRS ON DUTY LAST 8 DAYS, INCL TODAY

60 HR/7 DAY DRIVERS

A. TOTAL HRS ON DUTY LAST 4 DAYS, INCL TODAY

B. TOTAL HRS AVAILABLE TOMORROW TO HRS MINUS A

C. TOTAL HRS ON DUTY LAST 7 DAYS, INCL TODAY


FROM: _____ (STARTING POINT OR PLACE) TO: _____ (DESTINATION OR TURN AROUND POINT OR PLACE)
USE TIME STANDARD AT HOME TERMINAL

11 Hour Driving Rule

After a 10 hour break, a driver may drive up to 11 hours

After 11 hours driving, a driver may no longer drive until another 10 hour break is attained

14 Hour Rule



OFFICIAL
DELUXE DUPLICATE COPY

DRIVER'S DAILY LOG


PRESCRIBED BY FEDERAL HIGHWAY ADMINISTRATION • U.S. DEPARTMENT OF TRANSPORTATION

CONTAINS:

- REGULATIONS
- DAILY VEHICLE INSPECTION REPORT
- INSTRUCTIONS
- MONTHLY LOG SUMMARY

MONTH: _____ YEAR: _____

DRIVER: _____ CARRIER: _____



7 55547 00002 9

1LD
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FILE - File each day at home terminal.
 DATE - Driver retains in his possession for eight days

Correct: _____ VEHICLE NUMBERS - (SHOW EACH UNIT)

DRIVER'S SIGNATURE (IN FULL) _____

(NAME OF CO-DRIVER) _____

HOME TERMINAL ADDRESS _____

											TOTAL HOURS
5	6	7	8	9	10	11					
[Grid for recording hours]											
[Grid for recording hours]											
[Grid for recording hours]											
[Grid for recording hours]											
[Grid for recording hours]											
[Grid for recording hours]											
[Grid for recording hours]											
[Grid for recording hours]											
[Grid for recording hours]											
[Grid for recording hours]											

occurred. Explain excess hours. _____

RECAP

DAY NO. _____

DRIVING HRS. TODAY _____

TOTAL LINE 3 _____

DRIVING VIOLATION TODAY _____

ON DUTY HRS. TODAY TOTAL LINE 5 & 6 _____

70 HR/8 DAY DRIVERS

A. TOTAL HRS. ON DUTY LAST 7 DAYS, INCL. TODAY _____

B. TOTAL HRS. AVAILABLE TOMORROW TO HRS. MINUS A _____

C. TOTAL HRS. ON DUTY LAST 8 DAYS, INCL. TODAY _____

60 HR/7 DAY DRIVERS

A. TOTAL HRS. ON DUTY LAST 6 DAYS, INCL. TODAY _____

B. TOTAL HRS. AVAILABLE TOMORROW TO HRS. MINUS A _____

C. TOTAL HRS. ON DUTY LAST 7 DAYS, INCL. TODAY _____

FROM: _____ (STARTING POINT OR PLACE) TO: _____ (DESTINATION OR TURN AROUND POINT OR PLACE)

USE TIME STANDARD AT HOME TERMINAL

14 Hour On-Duty Rule

After a 10 hour break, a driver starts a 14 consecutive hour period in which 11 hours may be driving

After 14 consecutive hours, a driver may no longer DRIVE until another 10 hour break is attained

14 Consecutive Hours

The 14 Consecutive hour day may not be extended by:

- Off-duty time
- Meal or rest breaks

What is included when counting 14 consecutive hours?

- Off-duty less than 10 hours
- Sleeper berth periods less than 8 hours
- Driving time
- On-duty not driving

Applying the 11
and 14 hours rules

Driver # 1

04-04
(Month)(Day)(Year)

DRIVER'S DAILY LOG
(One Calendar Day - 24 Hours)

I Certify these entries are true and correct

(Vehicle Miles Today) _____

Vehicle Numbers / (Show Each Unit) _____

	Mid	1	2	3	4	5	6	7	8	9	10	11	NOON	1	2	3	4	5	6	7	8	9	10	11	12	Hours
Off Duty																										
Sleeper																										
Driving																										
On Duty (Not Driving)																										

1

DRIVER'S DAILY LOG
(One Calendar Day - 24 Hours)

I Certify these entries are true and correct

(Vehicle Miles Today) _____

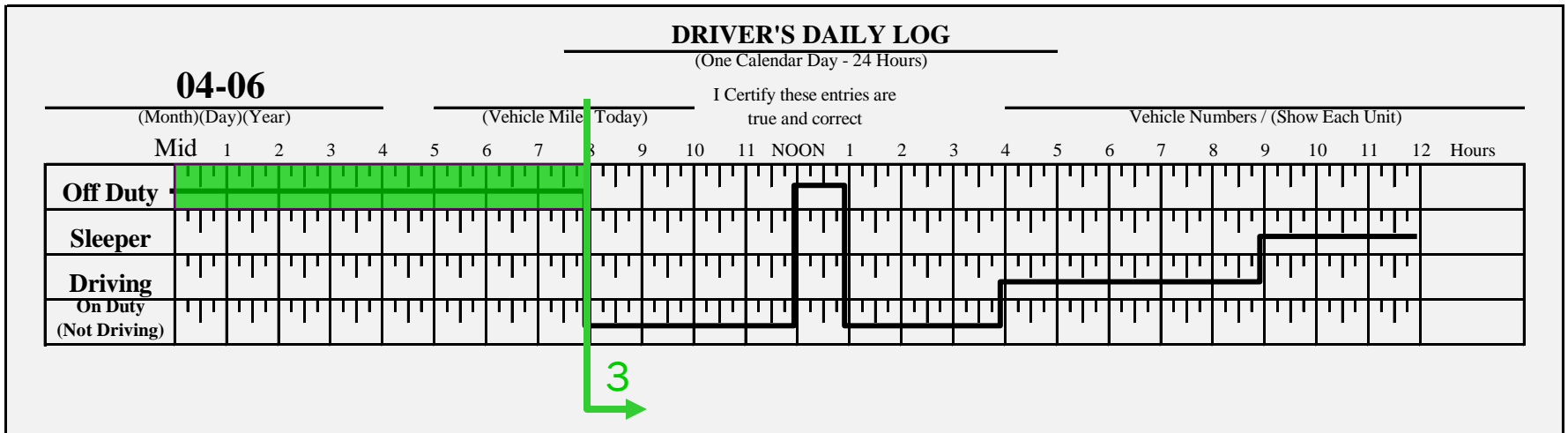
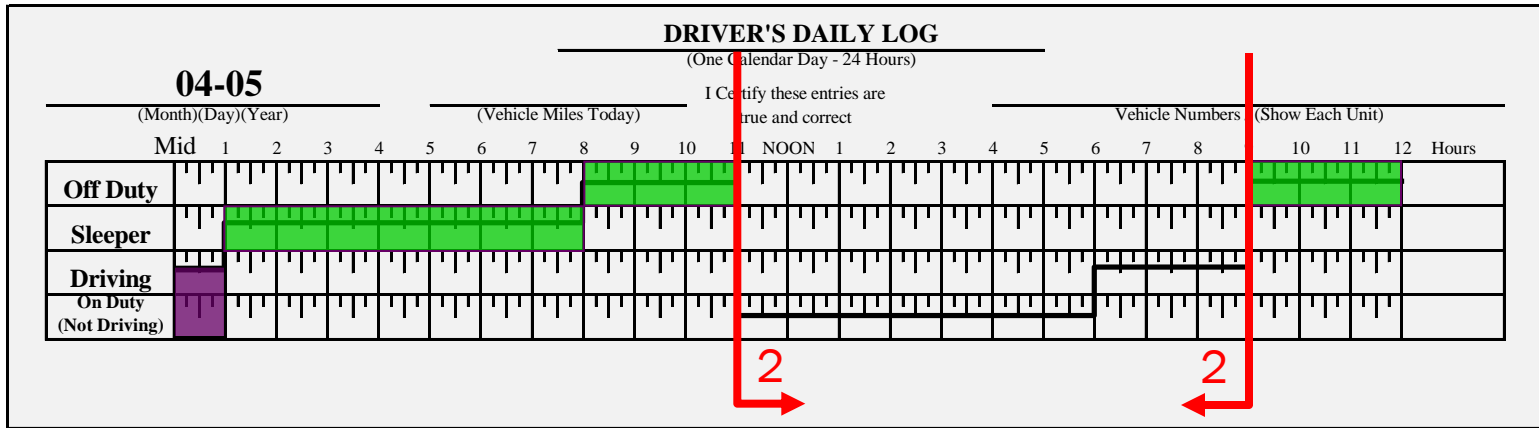
Vehicle Numbers / (Show Each Unit) _____

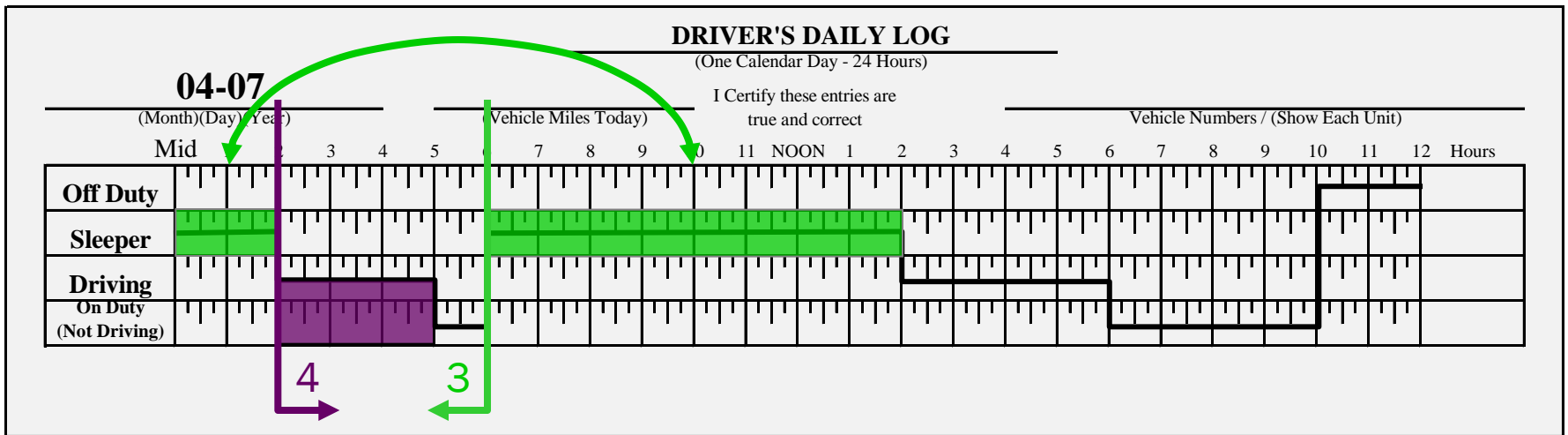
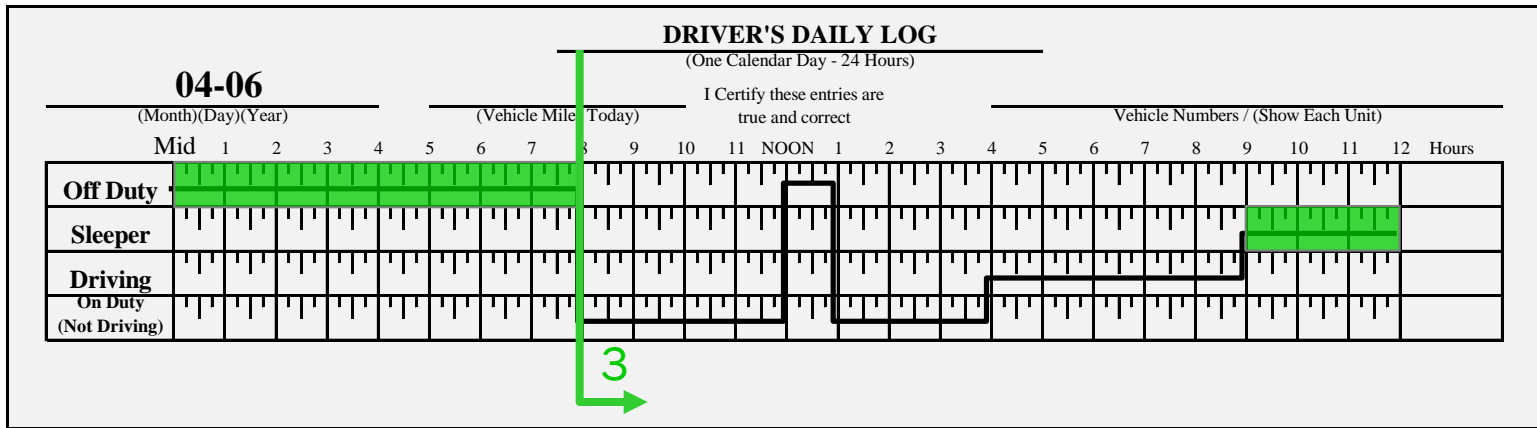
04-05
(Month)(Day)(Year)

	Mid	2	3	4	5	6	7	8	9	10	11	NOON	1	2	3	4	5	6	7	8	9	10	11	12	Hours
Off Duty																									
Sleeper																									
Driving																									
On Duty (Not Driving)																									

1

2





DRIVER'S DAILY LOG
(One Calendar Day - 24 Hours)

04-07 _____
(Month)(Day)(Year)

_____ (Vehicle Miles Today) _____

I Certify these entries are true and correct

_____ Vehicle Numbers / (Show Each Unit)

	Mid	1	2	3	4	5	6	7	8	9	10	11	NOON	1	2	3	4	5	6	7	8	9	10	11	12	Hours
Off Duty																										
Sleeper																										
Driving																										
On Duty (Not Driving)																										

4

4

DRIVER'S DAILY LOG
(One Calendar Day - 24 Hours)

04-08 _____
(Month)(Day)(Year)

_____ (Vehicle Miles Today) _____

I Certify these entries are true and correct

_____ Vehicle Numbers / (Show Each Unit)

	Mid	1	2	3	4	5	6	7	8	9	10	11	NOON	1	2	3	4	5	6	7	8	9	10	11	12	Hours
Off Duty																										
Sleeper																										
Driving																										
On Duty (Not Driving)																										

5

60/70 Hour Rule

A driver may not drive after completing 70 hours on-duty time in 8 days, or 60 hours on-duty time in 7 days

Carriers operating seven days per week may elect to use the 70 hour / 8 day rule.

60/70 Restarts



OFFICIAL
DELUXE DUPLICATE COPY

DRIVER'S DAILY LOG

PRESCRIBED BY FEDERAL HIGHWAY ADMINISTRATION • U.S. DEPARTMENT OF TRANSPORTATION

CONTAINS:

- REGULATIONS
- DAILY VEHICLE INSPECTION REPORT
- INSTRUCTIONS
- MONTHLY LOG SUMMARY

MONTH: _____ YEAR: _____



DRIVER: _____ **CARRIER:** _____

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Rev. 8/96

- File each day at home terminal
- Driver retains in his possession for eight days

Vehicle Numbers - (SHOW EACH UNIT)

Driver's Signature in Full

Name of Co-Driver

Terminal Address

6 7 8 9 10 11						TOTAL HOURS

RECAP

DAY NO

DRIVING HRS TODAY
TOTAL LINE 3

DRIVING VIOLATION TODAY

ON DUTY HRS TODAY TOTAL LINES 3 & 4

70 HR/8 DAY DRIVERS

A. TOTAL HRS ON DUTY LAST 7 DAYS, INCL TODAY

B. TOTAL HRS AVAILABLE TOMORROW TO HRS MINUS A

C. TOTAL HRS ON DUTY LAST 8 DAYS, INCL TODAY

60 HR/7 DAY DRIVERS

A. TOTAL HRS ON DUTY LAST 4 DAYS, INCL TODAY

B. TOTAL HRS AVAILABLE TOMORROW 60 HRS MINUS A

C. TOTAL HRS ON DUTY LAST 7 DAYS, INCL TODAY

Check the time and enter name of place you reported and where released from work and when and where each change of duty occurred. Explain excess hours.

FROM: _____ **TO:** _____

(STARTING POINT OR PLACE) (DESTINATION OR TURN AROUND POINT OR PLACE)

USE TIME STANDARD AT HOME TERMINAL

34 Hour Restart

Drivers may restart a 7 or 8 consecutive day period at zero hours after taking 34 or more consecutive hours off-duty

Questions?

Commercial Drivers License Disqualification

What is Disqualification ?

The loss of
Commercial Motor Vehicle
driving privilege

It all started in 1992

- Federal CDL rules adopted by all states in 1992 included several disqualification issues.
- These were only applicable to a CDL driver while driving the commercial motor vehicle.

Revisions in 2001

Additional disqualification issues relating to commercial motor vehicles at railroad crossings were added in 2001.

Revisions in 2002

The states were given 3 years:

To adopt additional rules pertaining to convictions while driving Non-Commercial Vehicles.

To amend Major Offense and Serious Traffic

What Triggers Disqualification?

The suspension, revocation, or
cancellation of any driving privilege

OR

FMCSA determination that a person is
no longer qualified under Part 391

Disqualification that automatically follows
conviction of certain traffic offenses

CMV Driving Privilege

Is dependent on a basic privilege
to operate a motor vehicle.

Non-Commercial Privilege

If the non-commercial driving privilege is suspended, denied, canceled, or revoked...

CDL privileges are also lost thru disqualification

Non-Commercial Convictions

Two examples that would cause disqualification for an Iowa licensed driver include:

3 or more moving violations in a 12 month period

Operating while intoxicated

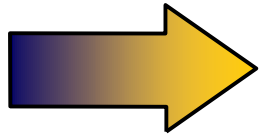
Traffic Convictions

A commercial driver may also be automatically disqualified upon conviction of certain types of serious traffic violations, possibly including some non-commercial convictions

FMCSA Determination

A commercial driver may also be disqualified by the FMCSA or a state if it is determined they do not meet minimum driver qualification requirements.

CMV - Driver Disqualification



Major Offenses

Serious Traffic Violations

Railroad Crossings

Out-of-Service Orders

Major Offenses

- Operating While Intoxicated
- Blood Alcohol .04% or more
- Test refusal
- Leaving the scene of a crash
- Felony involving a CMV
- Operating while Disqualified
- Fatality / Vehicular Homicide
- Controlled

Major Offenses

Conviction	1 st CMV	1 st Non-CMV	1 st CMV HazMat	2 nd CMV	2 nd Non-CMV
OWI - Alcohol	1 Year	1 Year	3 Years	Life*	Life*
OWI - Drugs	1 Year	1 Year	3 Years	Life*	Life*
BAC .04	1 Year	N/A	3 Years	Life*	N/A

Major Offenses

Conviction	1 st CMV	1 st Non-CMV	1 st CMV HazMat	2 nd CMV	2 nd Non-CMV
Test Refusal	1 Year	1 Year	3 Years	Life*	Life*
Leaving Accident	1 Year	1 Year	3 Years	Life*	Life*
Felony / CMV	1 Year	N/A	3 Years	Life*	N/A

Major Offenses

Conviction	1 st CMV	1 st Non-CMV	1 st CMV HazMat	2 nd CMV	2 nd Non-CMV
Driving CMV - Disqualified	1 Year	N/A	3 Years	Life*	N/A
CMV Vehicular Homicide	1 Year	N/A	3 Years	Life*	N/A
Drug Distribution	Life	Life	Life	Life	Life

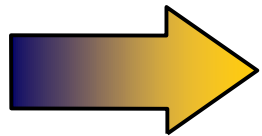
“ Lifetime Disqualification”

*A lifetime disqualification resulting from conviction on a second major offense can possibly be reduced to 10 years, after rehabilitation and application for reinstatement.

A Controlled Substance Distribution conviction results in a permanent lifetime disqualification.

CMV - Driver Disqualification

Major Offenses



Serious Traffic Violations

Railroad Crossings

Out-of-Service Orders

Serious Traffic Violations

States were given the option of recording STV's committed in Non-Commercial vehicles as:

- CDL Disqualifying, or
- Violations of Basic Privilege

Serious Traffic Violations

For Iowa licensed drivers...

- STV's in non-commercial vehicles will be recorded against the basic privilege to drive.
- Marked in STV tables with *

Serious Traffic Violations

- Speed 15 or more over limit
- Reckless driving
- Improper lane change
- Following too close
- Citation involving a fatal crash
- Driving CMV with no CDL
- CDL not in possession / CMV
- Improper

Serious Traffic Violations

Conviction – 3 Year Period	2 nd CMV	2 nd Non- CMV	3 rd CMV	3 rd Non- CMV
Speeding 15 MPH or more	60 Days	N/A*	120 Days	N/A*
Reckless Driving	60 Days	N/A*	120 Days	N/A*
Improper Lane Change	60 Days	N/A*	120 Days	N/A*

Serious Traffic Violations

Conviction – 3 Year Period	2 nd CMV	2 nd Non- CMV	3 rd CMV	3 rd Non- CMV
Following Too Close	60 Days	N/A*	120 Days	N/A*
Moving Violation / Fatal Crash	60 Days	N/A*	120 Days	N/A*

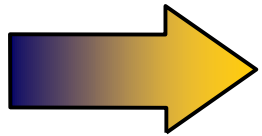
Serious Traffic Violations

Conviction – 3 Year Period	2 nd CMV	2 nd Non- CMV	3 rd CMV	3 rd Non- CMV
No CDL	60 Days	N/A*	120 Days	N/A*
No CDL in Possession	60 Days	N/A*	120 Days	N/A*
Improper Class CDL or Endorsement	60 Days	N/A*	120 Days	N/A*

CMV - Driver Disqualification

Major Offenses

Serious Traffic Violations



Railroad Crossings

Out-of-Service

Penalties for Railroad Crossing Violations

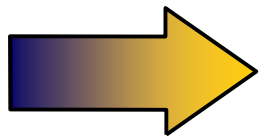
- Driver –
Disqualification
\$330.00 State Traffic Fine
Possible Federal Penalty
- Employer –
Federal Penalty up to \$10,000

CMV - Driver Disqualification

Major Offenses

Serious Traffic Violations

Railroad Crossings



Out-of-Service Orders

Stay Informed on the Internet

- www.iamvd.com Iowa DOT-MVD
 - Link to Office of Motor Vehicle Enforcement
- www.safer.fmcsa.dot.gov Safer System
- www.ai.volpe.dot.gov SafeStat
- www.fmcsa.dot.gov FMCSA
 - Link to Educational and Technical Assistance
- www.cvsa.org CVSA



1-800-925-6469



www.iamvd.com

Distracted

Driving

WHO is effected?

Drivers that operate Commercial Motor Vehicles

CARRIERS that employ or contract Drivers of Commercial Motor Vehicles

WHAT is the regulation?

392.82: Using a hand-held mobile telephone.

(a)(1) No driver shall use a hand-held mobile telephone while driving a CMV.

(2) No motor carrier shall allow or require its drivers to use a hand-held mobile telephone while driving a CMV.

(b) Definitions. For the purpose of this section only, driving means operating a commercial motor vehicle on a highway, including while temporarily stationary because of traffic, a traffic control device, or other momentary delays. Driving does not include operating a commercial motor vehicle when the driver has moved the vehicle to the side of, or off, a highway and has halted in a location where the vehicle can safely remain stationary.

(c) Emergency exception. Using a hand-held mobile telephone is permissible by drivers of a CMV when necessary to communicate with law enforcement officials or other emergency services.

And...

392.80: Prohibition against texting.

(a) Prohibition. No driver shall engage in texting while driving.

(b) Motor carriers. No motor carrier shall allow or require its drivers to engage in texting while driving.

(c) Definition. For the purpose of this section only, driving means operating a commercial motor vehicle, with the motor running, including while temporarily stationary because of traffic, a traffic control device, or other momentary delays. Driving does not include operating a commercial motor vehicle with or without the motor running when the driver moved the vehicle to the side of, or off, a highway, as defined in 49 CFR 390.5, and halted in a location where the vehicle can safely remain stationary.

(d) Emergency exception. Texting while driving is permissible by drivers of a commercial motor vehicle when necessary to communicate with law enforcement officials or other emergency services.

WHAT can be done about it?

Cell Phone use and Text Messaging

Should be prohibited by a motor carrier's internal safety policy – everybody in this room DOES have a safety policy, correct? Violations should have appropriate disciplinary action spelled out.

Makes NO SENSE from any standpoint due to the level of attention that is diverted away from the task of driving!

IF a message is received, it CAN NOT be read or responded to unless the carrier's vehicle has pulled off of the highway to a safe parking location. Does NOT mean SHOULDER of road.

What are the penalties

Text Messaging

Violation of 392.80 of the Federal Motor Carrier Safety Regulations.

Carries a potential fine to the DRIVER of \$2800.

Potential fine to the CARRIER of \$11,000.

WHY is there concern about

Cell Phone Usage

Statistics show that ANY use of a cell phone while driving reduces any driver's ability to concentrate on the driving task by reducing the concentration level by as much as 40%.

Cell phone usage has been identified in an estimated 25% of all crashes.

Other Distractions

NONE of these devices or processes are currently regulated BUT common sense dictates that they should NOT be attempted while driving.

GPS systems

Messaging systems such as Qualcomm or People Net

Eating

Grooming

Entertainment systems (radio, music players)

These items should be covered in your company safety policy and addressed as necessary during driver safety meetings or handouts.

AND...

The company mandated compliance of the
FMCSA regulations....

SHOULD

BE

ENFORCED!

DASH CAMS

www.lytx.com/driving-videos

13.97V / 4.13V
-0.06 / 0.00 / -0.09

1080p / 30fps / MIC ON
DATE: 2012/11/02 TIME: 09:49:26

Comprehensive Safety Analysis (from 2-3-2007)

CSA 2010

CSA 2010

- ▣ FMCSA is exploring ways to improve its current processes for monitoring and assessing the safety performance of :

Motor Carriers

AND

Drivers

CSA 2010

- ▣ **Develop and implement more effective and efficient ways for the FMCSA to do their job**
- ▣ **Reduce commercial motor vehicle crashes, fatalities, and injuries**

CSA 2010

- ▣ Contact more carriers and drivers
- ▣ Use improved data
- ▣ Better identify high risk carriers and drivers
- ▣ Wider range of interventions to correct high risk behavior

CSA 2010

- ▣ Goal of CSA 2010 is the development and deployment of a *new operational* model
- ▣ A new approach to using FMCSA resources to identify drivers and operators that pose safety problems
- ▣ FMCSA to intervene to address safety problems

ai.fmcsa.dot.gov



FMCSA

Federal Motor Carrier Safety Administration

LOGIN |



Get Road Smart.

SMS

Safety
Measurement
System

[A&I](#)

[CSA](#)

[SMS](#)

[OVERVIEW](#)

[ADVANCED
SEARCH](#)

[TOOLS](#)

[HELP
CENTER](#)

Search Motor Carriers: Type Name, U.S. DOT#, M



Get Road Smart.

SMS Safety Measurement System

[A&I](#) [CSA](#) [SMS](#) **OVERVIEW** [ADVANCED SEARCH](#) [TOOLS](#) [HELP CENTER](#)

Search Motor Carriers: Type Name, U.S. DOT#, M

TRUCKING INC

U.S. DOT#: ~~XXXXXXXXXX~~
Address: ~~XXXXXXXXXX~~ WASHINGTON AVE
~~XXXXXXXXXX~~, WI 54151
Number of Vehicles: 55
Number of Drivers: 51
Number of Inspections: 133

Safety Rating & OOS Rates

(As of 02/11/2015 updated daily from [SAFER](#))

CONDITIONAL
(Rating Date: 07/26/2013)

Out of Service Rates

Type	OOS %	National Avg %
Vehicle	50.0	20.7
Driver	7.5	5.5
Hazmat	0.0	4.5

Licensing and Insurance

(As of 02/11/2015 updated hourly from [L&I](#))

Type	Active For-Hire Authority	
	Yes/No	MC#/MX#
Property	Yes	MC-142204
Passenger	No	
Household Goods	No	
Broker	No	

[How does SMS relate to crashes?](#)

BASIC Status (Public View)

Behavior Analysis & Safety Improvement Categories (BASICS)

Based on a 24-month record ending January 23, 2015

UNSAFE DRIVING

CRASH INDICATOR

HOURS-OF-SERVICE COMPLIANCE

VEHICLE MAINTENANCE

CONTROLLED SUBSTANCES AND ALCOHOL

Not Public HAZARDOUS MATERIALS COMPLIANCE

DRIVER FITNESS

Click to select a BASIC icon above to get details, or view your [Complete SMS Profile](#).

Denotes this carrier exceeds the FMCSA intervention [threshold](#) relative to its safety event grouping based upon roadside data and/or has been cited with one or more serious violations within the past 12 months during an investigation. Therefore, this carrier may be prioritized for an intervention action and roadside inspection.

Click to select a BASIC icon above to get details, or view your [Complete SMS Profile](#).



Denotes this carrier exceeds the FMCSA intervention [threshold](#) relative to its safety event grouping based upon roadside data and/or has been cited with one or more serious violations within the past 12 months during an investigation. Therefore, this carrier may be prioritized for an intervention action and roadside inspection.

Summary of Activities

The summary includes information on the 5 most recent investigations and 24 months of inspections and crash history.

Most Recent Investigation: 6/7/2013
(Compliance Review)

Total Inspections: 133

Total Inspections without Violations
used in SMS: 34

Total Inspections with Violations used
in SMS: 99

Total Crashes* : 10

*Crashes listed represent a motor carrier's involvement in [reportable crashes](#), regardless of the carrier's or driver's role in the crash.

[Continue for details.](#)

Continue for more Crash,
Inspection & Investigation Details

Carrier Registration

Flags

[Carrier VMT Outdated](#)



Carrier Registration Details



Subject to General Threshold



Update Registration Info



Penalties History

(Six years as of 02/11/2015 updated daily from [FMCSA](#))

CLOSED DATE	CASE #
▶ 11/25/2013	WI-2013-0023-WI5005
▶ 11/16/2010	WI-2010-0305-US0563

Tools/Resources

SMS Methodology



How to Improve



Request a Data Review



For U.S. DOT# 164188

Complete SMS Profile



Carrier History



Downloads



USE OF SMS DATA/INFORMATION

The data in the Safety Measurement System (SMS) is performance data used by the Agency and Enforcement Community. A symbol, based on that data, indicates that FMCSA may prioritize a motor carrier for further monitoring.

Carrier Registration Details



Carrier Registration (as of 1/23/2015, updated monthly)



OPERATION CLASSIFICATION

<input checked="" type="checkbox"/> AUTHORIZED FOR HIRE	<input checked="" type="checkbox"/> EXEMPT FOR HIRE	PRIVATE PROPERTY
PRIVATE PASSENGER, NON-BUSINESS	MIGRANT	PRIVATE PASSENGER, BUSINESS
FEDERAL GOVERNMENT	STATE GOVERNMENT	U. S. MAIL
INDIAN TRIBE	OTHER	LOCAL GOVERNMENT

CARGO CARRIED

<input checked="" type="checkbox"/> GENERAL FREIGHT	<input checked="" type="checkbox"/> HOUSEHOLD GOODS	<input checked="" type="checkbox"/> METAL; SHEETS, COILS, ROLLS
MOTOR VEHICLES	DRIVE AWAY/TOWAWAY	<input checked="" type="checkbox"/> LOGS, POLES, BEAMS, LUMBER
<input checked="" type="checkbox"/> BUILDING MATERIALS	MOBILE HOMES	<input checked="" type="checkbox"/> MACHINERY, LARGE OBJECTS
FRESH PRODUCE	LIQUIDS/GASES	INTERMODAL CONTAINERS
PASSENGERS	OIL FIELD EQUIPMENT	LIVESTOCK
GRAIN, FEED, HAY	<input checked="" type="checkbox"/> COAL, COKE	<input checked="" type="checkbox"/> MEAT
GARBAGE, REFUSE, TRASH	U.S. MAIL	<input checked="" type="checkbox"/> CHEMICALS
<input checked="" type="checkbox"/> COMMODITIES DRY BULK	<input checked="" type="checkbox"/> REFRIGERATED FOOD	<input checked="" type="checkbox"/> BEVERAGES
<input checked="" type="checkbox"/> PAPER PRODUCTS	UTILITY	FARM SUPPLIES
OTHER	CONSTRUCTION	WATER WELL

VEHICLE TYPE BREAKDOWN

VEHICLE TYPE	OWNED	TERM LEASED	TRIP LEASED
Straight Trucks	1	0	0
Truck Tractors	51	3	0
Trailers*	151	2	0
Hazmat Cargo Tank Trailers*	0	0	0
Hazmat Cargo Tank Trucks	0	0	0

BASIC Status (Public View)

Behavior Analysis & Safety Improvement Categories (BASICS)


Based on a 24-month record ending January 23, 2015



UNSAFE DRIVING




Not Public
CRASH INDICATOR



HOURS-OF-SERVICE COMPLIANCE




VEHICLE MAINTENANCE



CONTROLLED SUBSTANCES AND ALCOHOL



Not Public
HAZARDOUS MATERIALS COMPLIANCE



DRIVER FITNESS

On-Road Performance

2.96
Measure
37%
Percentile

NOT PUBLIC

2.51
Measure
96%
Percentile

13.76
Measure
98%
Percentile

0.03
Measure
16%
Percentile

NOT PUBLIC

0
Measure
0%
Percentile

Investigation Results

No Serious Violations Discovered

N/A

No Serious Violations Discovered

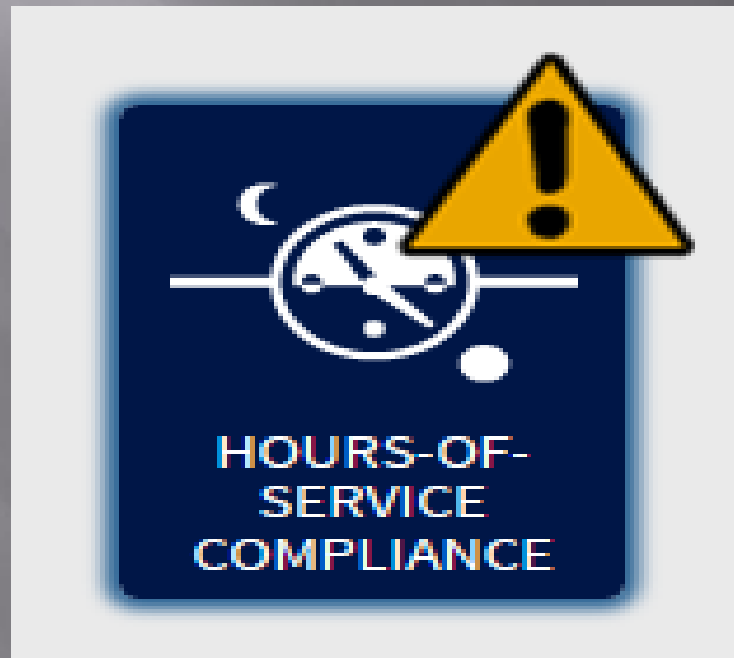
No Serious Violations Discovered

No Serious Violations Discovered

NOT PUBLIC

No Serious Violations Discovered

Click on a BASIC Icon To Get Detailed Information



BASIC: Hours-of-Service Compliance

ON-ROAD + INVESTIGATION

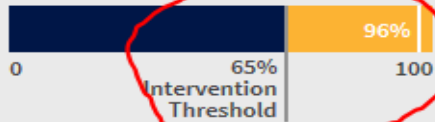


[More Info](#)

On-Road Performance

Measure: 2.51 ?

Percentile: 96%



Scale 0 to 100; 0 indicates the best safety performance.

96% of motor carriers in the same safety event group have better on-road performance than this motor carrier.

[WHO IS IN THE SAFETY EVENT GROUP?](#)

Investigation Results

No Serious Violations Discovered

+ VIOLATION SUMMARY

+ INSPECTION HISTORY

+ INVESTIGATION RESULTS

Summary of Activities

The summary includes information on the 5 most recent investigations and 24 months of inspections and crash history.

Most Recent Investigation: 6/7/2013 (Compliance Review)

Total Inspections: 133

Total Inspections without Violations used in SMS: 34

Total Inspections with Violations used in SMS: 99

Total Crashes: 10

Carrier Registration

Flags

- Carrier VMT Outdated

[Carrier Registration Details](#)

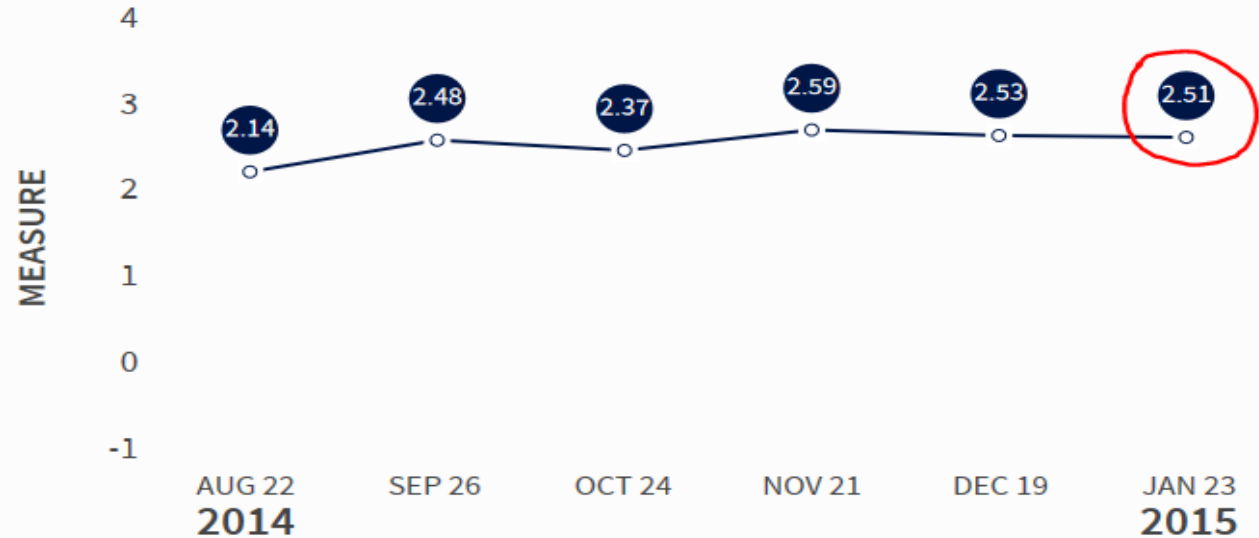


[Subject to General Threshold](#)



CARRIER MEASURE OVER TIME

This graph displays a carrier's measure based on 24 months of on-road performance. Zero indicates the best performance. To see how the measure is calculated [click here](#). To see how the measure relates to percentile [click here](#). [Expand](#) for more information.



[CARRIER MEASURE OVER TIME](#)

[MEASURE VS. PERCENTILE](#)

[INSPECTION RESULTS](#)

HOS Compliance Violations: 52

Driver Inspections: 132

HOS Compliance Serious Violations: 0

Penalties History

(Six years as of 02/11/2015 updated daily from FMCSA)

CLOSED DATE	CASE #
11/25/2013	WI-2013-0023-WI5005
Violation: 395.8(e)	\$16,400.00
11/16/2010	WI-2010-0305-US0563
Violation: 382.301(a)	\$5,000.00

Tools/Resources

Violation Summary

– VIOLATION SUMMARY			HOS Compliance Violations: 52	
Violations	Description	# Violations	# OOS Violations	Violation Severity Weight
395.8(f)(1)	Driver's record of duty status not current	19 ✓	0	5
395.8(e)	False report of driver's record of duty status	11 ✓	5	7
395.8	Driver's record of duty status (general/form and manner)	8 ✓	0	1
395.3A2-PROP	Driving beyond 14 hour duty period (Property carrying vehicle)	5	4	7
395.3A3-PROP	Driving beyond 11 hour driving limit in a 14 hour period. (Property Carrying Vehicle)	4	2	7
395.3(a)(3)(ii)	Driving beyond 8 hour limit since the end of the last off duty or sleeper period of at least 30 minutes	2	0	7
395.8(k)(2)	Driver failing to retain previous 7 days' logs	2 ✓	2	5
395.3B2	Driving after 70 hours on duty in a 8 day period. (Property carrying vehicle)	1	1	7

Inspection Summary

– INSPECTION HISTORY

Driver Inspections: 132

Please select to view your Inspection History. You can also sort your data by Date, Report Number, Vehicle Type, etc.

Driver Inspections
132

(or)

With HOS Compliance Violations (39)

Without HOS Compliance Violations (93)

Report

Vehicle

Measure =

$\frac{\text{Sum of the Total Weight (TotW)}}{\text{Sum of the Time Weight (TiW)}}$

Inspection
Date

Number

State

Plate Number

Plate State

Type

Severity
Weight
(SW)

Time
Weight
(TiW)

Total
Weight
(TotW)

Inspection Summary With HOS Violations Page 1

Inspection Date	Number	State	Plate Number	Plate State	Type	Severity Weight (SW)	Time Weight (TiW)	Total Weight (TotW)
11/17/2014	WI2334002550	WI	59200W	WI	Truck Tractor	5	3	15
Violation: 395.8(f)(1) Driver's record of duty status not current						5		
11/12/2014	WI2449003618	WI	68169W	WI	Truck Tractor	7	3	21
Violation: 395.8(e) False report of driver's record of duty status							7	
11/7/2014	WI2449003616	WI	86983W	WI	Truck Tractor	7	3	21
Violation: 395.8(e) False report of driver's record of duty status						7		
10/31/2014	WI2545002040	WI	94761W	WI	Truck Tractor	19	3	57
Violation: 395.3A2-PROP Driving beyond 14 hour duty period (Property carrying vehicle) (OOS)						7 + 2 (OOS)		
Violation: 395.8 Driver's record of duty status (general/form and manner)						1		
Violation: 395.8(e) False report of driver's record of duty status (OOS)						7 + 2 (OOS)		
Sum of Violation Weight => Inspection Severity Weight (SW)						19		
10/29/2014	WI2436001724	WI	54433W	WI	Truck Tractor	5	3	15
Violation: 395.8(f)(1) Driver's record of duty status not current						5		
10/10/2014	WI2449003547	WI	94761W	WI	Truck Tractor	8	3	24
Violation: 395.8(e) False report of driver's record of duty status						7		
Violation: 395.8 Driver's record of duty status (general/form and manner)						1		
Sum of Violation Weight => Inspection Severity Weight (SW)						8		
10/7/2014	WI2405005664	WI	29146W	WI	Truck Tractor	5	3	15
Violation: 395.8(f)(1) Driver's record of duty status not current						5		
Sum of measure weights						302	245	616

PERFORMANCE MEASURE LAST MONTH As of 12/19/2014 $\frac{\text{TotW}}{\text{TiW}} = \frac{625}{247} = 2.53$

MORE INFO

PERFORMANCE MEASURE THIS MONTH As of 1/23/2015 $\frac{\text{TotW}}{\text{TiW}} = \frac{616}{245} = 2.51$

Inspection Summary With HOS Violations Last Page

Inspection Date	Number	State	Plate Number	Plate State	Type	Severity Weight (SW)	Time Weight (TiW)	Total Weight (TotW)
6/14/2013	WI2287004326	WI	86984W	WI	Truck Tractor	5	1	5
Violation: 395.8(f)(1) Driver's record of duty status not current						5		
6/4/2013	WI2436001066	WI	86983W	WI	Truck Tractor	8	1	8
Violation: 395.8 Driver's record of duty status (general/form and manner)						1		
Violation: 395.3A3-PROP Driving beyond 11 hour driving limit in a 14 hour period. (Property Carrying Vehicle)						7		
Sum of Violation Weight => Inspection Severity Weight (SW)						8		
6/3/2013	IN4112006289	IN	86984W	WI	Truck Tractor	5	1	5
Violation: 395.8(f)(1) Driver's record of duty status not current						5		
4/7/2013	MIGMBC001018	MI	41792W	WI	Truck Tractor	5	1	5
Violation: 395.8(f)(1) Driver's record of duty status not current						5		
✓ 2/13/2013	WI2207002650	WI	86984W	WI	Truck Tractor	1	1	1
Violation: 395.8 Driver's record of duty status (general/form and manner)						1		
✓ 2/6/2013	WI2462002256	WI	68169W	WI	Truck Tractor	6	1	6
Violation: 395.8 Driver's record of duty status (general/form and manner)						1		
Violation: 395.8(f)(1) Driver's record of duty status not current						5		
Sum of Violation Weight => Inspection Severity Weight (SW)						6		
✓ 1/28/2013	IN8340000444	IN	69712W	WI	Truck Tractor	5	1	5
Violation: 395.8(f)(1) Driver's record of duty status not current						5		
Sum of measure weights						302	245	616
PERFORMANCE MEASURE LAST MONTH As of 12/19/2014						$\frac{\text{TotW}}{\text{TiW}} = \frac{625}{247} = 2.53$	MORE INFO →	
PERFORMANCE MEASURE THIS MONTH As of 1/23/2015						$\frac{\text{TotW}}{\text{TiW}} = \frac{616}{245} = 2.51$		

Carrier History



Semi-Annually ▾

< PREV

NEXT >

	Jun 22 2012	Dec 14 2012	Jun 21 2013	Dec 27 2013	Jun 20 2014	Dec 19 2014
SMS Version	2.2	3.0	3.0	3.0.1	3.0.2	3.0.2
Status	Active	Active	Active	Active	Active	Active
Carrier Operation	Interstate	Interstate	Interstate	Interstate	Interstate	Interstate
Number of Power Units	51	51	55	55	55	55
Number of Drivers	51	51	45	51	51	51
Number of Inspections	139	140	139	130	132	135
Number of Crashes	2	3	9	10	13	11
Unsafe Driving						
On-Road Performance Investigation Results	76%	73%	80%	77%	48%	42%
Crash Indicator						
On-Road Performance Investigation Results	Not Public	Not Public	Not Public	Not Public	Not Public	Not Public
HOS Compliance						
On-Road Performance Investigation Results	69%	88%	87%	90%	93%	96%
Vehicle Maint.						
On-Road Performance Investigation Results	94%	92%	92%	93%	95%	98%
Drugs/Alcohol						
On-Road Performance Investigation Results	No Violations	0%	0%	0%	0%	16%

Where Does This Lead ?

What do you think their Crash BASIC
Looks Like ?

Crash Activity - 1.3 DOT

Reportable Crashes/Million Miles

– CRASH ACTIVITY DETAIL (VEHICLES INVOLVED IN CRASHES)

Number of Crashes: 10

Please select to view your Crash History. You can also sort your data by Date, Report Number, Vehicle Type, etc.

All Crashes
10

(or)

- Fatal Crashes (0)
- Injury Crashes (3)
- Towaway Crashes (7)

Date	Report		Vehicle		Crash				Measure =		
	Number	State	Plate Number	Plate State	Fatal	Inj.	Tow.	HM	Severity Weight (SW)	Time Weight (TiW)	Total Weight (TotW)
10/20/2014	IL00M2469357	IL	71755W	WI	0	0	Yes	No	1	3	3
9/24/2014	MI0009049170	MI	66070W	WI	0	0	Yes	No	1	3	3
3/27/2014	MI0008922196	MI	54433W	WI	0	0	Yes	No	1	2	2
2/26/2014	WI0000071310	WI	29146W	WI	0	0	Yes	No	1	2	2
10/23/2013	WI0000069960	WI	37834W	WI	0	1	Yes	No	2	1	2
6/10/2013	IL00M2371755	IL	41792W	WI	0	1	Yes	No	2	1	2
5/24/2013	WI0000069016	WI	72661W	WI	0	1	Yes	No	2	1	2
2/19/2013	MI0008571608	MI	29271W	WI	0	0	Yes	No	1	1	1
1/30/2013	WI0000068286	WI	17563W	WI	0	0	Yes	No	1	1	1
1/29/2013	MI0008552803	MI	72661W	WI	0	0	Yes	No	1	1	1

Changes Coming to SMS

- **Safety Fitness Determination**
- **Hiding scores from the public website; data would still be there, but no scores**
- **Refining what is included in the Crash BASIC**
- **Data include adjudicated citations**

ELECTRONIC LOG DEVICES & ON BOARD COMPUTERS

Randy Zimmermann



FMCSA PORTAL

Ben J. Caughron, CDS
Director of Safety
Warren Transport, Inc.





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