



The Latest News, Safety Tips & More

October 2020 Edition

Is Your ELD Mounted?

We've seen a few RSI violations recently for ELD not mounted. Per the regs: an ELD must be mounted in a fixed position and visible to the driver from a normal seated driving position. You can use a permanent mount, cup holder mount, dash mount or even heavy-duty Velcro. You cannot have your ELD in the passenger seat or on the floorboard. Please see 395.22(g) for more information.

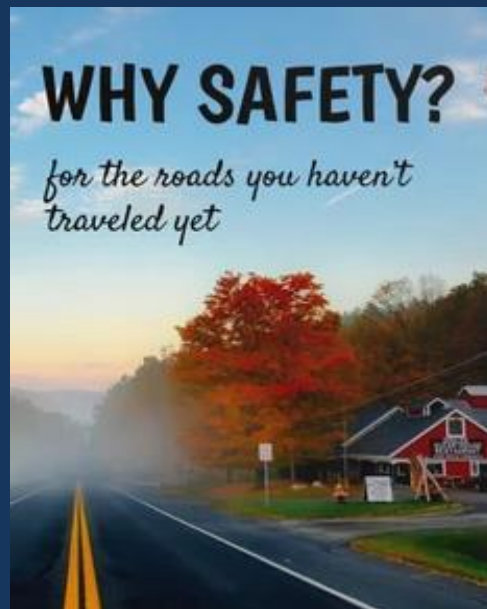
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Limit Your "Fueling Up" on Caffeine and Take Care of Yourself

Do you ever find yourself dashing for that cup of joe first thing in the morning, or reaching for that 12-pack of Coca Cola as you are stocking up on trip supplies? I'm guilty, I admit it. But why do we do this? Caffeine of course! It's in our heads that the more caffeine you might consume, the more alert you will be. The reality is each of us have different levels of sensitivity to caffeine. Higher doses of caffeine come with greater energy crashes which lead to deeper states of fatigue. High doses can also disrupt sleep therefore affecting your ability to focus and remain alert. Skip those energy drinks too! Did you know that energy drinks contain as much caffeine in one can or bottle as three to five cups of coffee? Some caffeine isn't bad at all, don't get me wrong, but ask yourself a few questions before possibly over consuming. Do you need that caffeinated coffee or is it simply the taste first thing in the morning that you are wanting? Do you really need and want that Coca Cola or iced tea close to bedtime or will water or caffeine free do? Be aware of how your body reacts to caffeine and reduce your intake if needed. *YOU are important!* Keep your body's health and productivity strong. Try to limit your caffeine intake. #Healthy

As the Country is Returning to "Normal".....

We are not the only one's starting to get back to a somewhat "normal" way of business. So are the CMV inspectors. Don't let the several months of no/very few RSI put you in a state of mind that these don't exist anymore. They indeed do. CMV inspectors and law enforcement are picking back up to where they left off. DON'T give them a reason to pull you over! Keep your equipment clean. Don't speed. Follow all posted signs. Above all, show the public how professional you are. You are the expert driver on the roadways. Stay safe out there and continue being awesome.



CAUTION! You Could Test Positive! Don't Let Your Professional Accreditation Get Ruined!



Ultimately, you are responsible for what you ingest, apply topically and the environments in which you cohabitate. Use of cannabis products could result in a positive substance abuse test. The use of CBD oils, cannabis vapor oils, etc. are still getting a lot of attention. All the claims that THC has been extracted from products should not be given credibility nor create a false sense of security to the user. Claims stipulating that all THC has been removed, or the THC level is so low the user will not test positive ARE NOT PROVEN. Steer clear from this and save your professional career you have worked so hard for!

HOS Revisions Effective Sept. 29th, 2020 → **Change #1 – 30-Minute Break** – The change now requires a 30-min. break **ONLY** when a driver has **DRIVEN** for a period of 8 hours without at least a 30-min. interruption. The break may be satisfied by any non-driving period of 30-minutes (for example on-duty, off-duty, or SB time.)
Change #2 – Split-Sleeper Berth – The change allows drivers to take their 10 hours off-duty in two periods, provided one off-duty period (in or out of the sleeper) is at least 2 hours long, and the other involves at least 7 consecutive hours spent in the sleeper-berth. Together the periods must equal 10 hours. Neither period counts against the maximum 14-hour window.
Change #3 – Adverse Driving Conditions – The changes allows a driver to extend the maximum "driving window" by up to 2 hours during adverse driving conditions. A driver who encounters adverse conditions has up to a 16-hour window within which to complete 13-hours of driving. The condition can now be either unusual road or traffic conditions. Questions? hoursofservice@medalliontrans.com

And Just Like That – Bam the Temps Plummeted

Okay so maybe not everywhere but over on the East Coast, the night temps have dropped quick recently. Don't forget to carry warm clothes and blankets with you. It's never too early to start preparing for the cold weather that is around the corner. Stock up and be prepared for unknown weather changes. #Safety



Operation Safe Driver Week 2020 Results

Despite the pandemic, 3,681 enforcement officers from 55 Canadian and U.S. jurisdictions interacted with 29,921 CMV drivers and 36,500 passenger vehicle drivers. Law enforcement personnel observed 66,421 drivers engaged in unsafe behaviors and issued 71,343 warnings and citations during this check. Safe driving saves lives. Get home safe to your loved ones. Safety1st

Breaker 1-9, You Got Your Ears On?

Who doesn't love Smokey And The Bandit? Did you know that for many of his driving scenes, Jerry Reed wasn't actually driving the big rig? The truck was loaded on a low-boy flatbed trailer and towed around by another 18-wheeler. Also, Jonesboro, GA was used to recreate the city of Texarkana. The movie was filmed mostly in and around Atlanta, GA.

Your Fuel Discounts Really Add Up – Check It Out!

By using your Com Data card at TA/Petro and Pilot/Flying J Travel Centers your average fuel discount in Sept. was "\$0.47"!



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