

**Transportation
Safety**

**Training
ADVISOR**

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September 2021



Driver wellness

Healthy drivers make safer drivers

**Ideas for keeping
drivers healthy**

**Top 3 hazmat
violations in 2021**

**Become an FMCSA
Training Provider**

Information and resources to help your drivers operate safely


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MESSAGE FROM THE EDITOR

Driver wellness stacks the odds in your favor

Driver wellness isn't just about keeping drivers healthy enough to report to work. A June 2020 study by the Federal Motor Carrier Safety Administration (FMCSA) shows that poor physical and mental health result in a higher crash risk among drivers.

Shockingly, the study found that — when untreated — drivers with common health concerns such as high blood pressure or heart disease were more than twice as likely to be involved in a preventable crash. By encouraging drivers to proactively manage their health, you can set them up for healthier and safer careers.



How to encourage driver wellness

Consider adding the five elements below to your driver wellness training:

- **Health education** — Give drivers written information or access to seminars dealing with topics such as controlling high cholesterol, physical activity, nutrition, weight management, tobacco cessation, and stress management.
- **Social and environmental supports** — Encourage drivers to make healthier choices by supplying free or discounted pedometers. Consider providing a stipend for a subscription to an online fitness program. Incentives for individual or team competitions to lose weight, rack up the highest step count, or log healthy food choices may provide motivation.
- **Integration** — Managers should know the benefits of and encourage driver wellness. Increase driver participation by providing a space, either online or on a bulletin board, for them to share healthy recipes or favorite exercises.
- **Linkages with related programs** — Relate wellness initiatives to programs already in place, such as safety programs or ergonomic evaluations, and make explicit the connection between driver wellness and driver safety.
- **Screenings** — Provide drivers with free access to blood pressure, cholesterol, diabetes, and mental health screenings. Undiagnosed illness is one of the biggest risks to your drivers and fleet!

By educating your drivers about healthy choices and giving them the tools to succeed, you can stack the safety odds in your favor. ♦



Ann Potratz

Ann Potratz is an Editor at J. J. Keller & Associates, Inc. She researches and creates content for a variety of transport-related subject matters and contributes to a number of products, including the *Personnel Management for the Transportation Industry* manual, *Transportation Safety Training Advisor Newsletter*, *Transportation Safety Training Advisor: Driver's Report*, and the *Driver Training Awareness Program*. Ann specializes in issues such as driver qualification, alcohol and drug testing, and driver training.



TRAINING BLUEPRINT — DRIVER WELLNESS

According to the National Highway Transportation Safety Administration (NHTSA) National Center for Statistics and Analysis, collisions involving large trucks caused over 5,000 deaths and 150,000 injuries in 2019. One factor in preventable crashes is driver health, so focusing on wellness is an important part of any driver training program.

TIP: Make sure your drivers understand that they should consult with a medical professional before starting any diet and/or exercise program. A medical professional can make recommendations based on an individual's health and lifestyle.

Daily habits

The more that drivers incorporate healthy choices into their daily routine, the easier it will be to keep good habits. Simple steps you should encourage drivers to take include:



Eating healthy. Small choices add up. Packing healthy on-the-go snacks such as string cheese, beef jerky, apples, and multigrain crackers will give drivers something healthy to reach for.



Drinking plenty of water. Caffeine is okay in small amounts, but the high sugar content and empty calories of many caffeinated drinks make them a poor choice. Choose water instead, ideally 64 ounces per day.



Getting enough sleep. Encourage drivers to have a nighttime routine that lets their body know it's time to rest. It's a good idea to stay off devices right before bed and to instead read a book, listen to music, or talk to family or friends.



Taking a walk. Even short, ten-minute walks can positively affect health. Suggest that drivers do a lap around the rest stop or gas station a couple of times a day. Walking is also good for mental health.



Limiting alcohol intake. Even during their time off, drivers should refrain from binge drinking. Heavy drinking weakens the immune system, which means drivers will be more likely to miss work or drive when they are feeling ill or fatigued (a clear violation).

TIP: Discuss how a healthy lifestyle can be achieved when on the road. Ask your drivers to share any healthy practices they follow when on the road.

Treat existing health conditions

A study published in the May 2016 issue of *Sleep* found that drivers with untreated obstructive sleep apnea had a fivefold greater risk of serious preventable crashes, but sleep apnea isn't the only condition that increases a driver's crash risk. Research released in June 2020 by the Federal Motor Carrier Safety Administration (FMCSA) found that untreated chronic issues such as high blood pressure, heart disease, and depression can all lead to higher crash rates when left untreated. Drivers with untreated diabetes were up to three times more likely to be involved in a crash than other drivers.

Carriers can reduce preventable crashes by letting drivers know how important it is to adhere to a medical professional's prescribed treatment plan for any chronic health problems.

TIP: Because undiagnosed chronic health conditions are just as dangerous as untreated conditions, it is important that drivers have regular medical checkups. A simple blood test and blood pressure check can find many of the health issues that increase crash risk.

Don't forget mental health

The Centers for Disease Control and Prevention (CDC) has said that social isolation increases the risk of developing depression and anxiety. Make sure drivers are aware of strategies they can use to combat loneliness, including talking to family and friends, interacting with others online during off hours, and talking to people they encounter in rest stops and gas stations. Also make sure that they are aware of mental health programs that are available to them, such as an Employee Assistance Program (EAP) your company offers or community mental health hotlines. ♦

Happy National Driver Appreciation Week!

September 12-18

TIP: Treat your drivers to lunch or gift them a small comfort item, such as a blanket or cushion, for their truck cab.





TRAINING HANDOUT — DRIVER WELLNESS

Healthy drivers make safer drivers

Drink more water.

Start each day with a 64-ounce supply of water and make it a goal to finish all of it by the end of the day.



Eat healthy snacks.

Packing healthy on-the-go snacks such as string cheese, beef jerky, apples, and multigrain crackers will give you something healthy to reach for.



Walk twice a day.

Aim for two short walks — around the perimeter of the rest stop or gas station — each day.



Get enough sleep. Develop a nighttime routine that lets your body know it's time to rest. Stay off devices right before bed. Instead, read, listen to music, or talk to family or friends.



Limit alcohol intake.

Heavy drinking weakens the immune system, which means you will be more likely to miss work because you are sick or tired.



Treat chronic health conditions.

If you have been diagnosed with a health condition, make sure to follow your doctor's treatment plan.



Monitor mental health.

Anxiety, depression, and loneliness take their toll. Take advantage of resources available to you. ♦



National Suicide Prevention Lifeline:
1-800-273-8255

National Crisis Text Line: Text SIGNS to 741741





TEST YOUR KNOWLEDGE — DRIVER WELLNESS

Directions: Read each statement carefully and mark the best answer.

1. Drinking excessive alcohol on your time off can affect your job performance.
 - a. True
 - b. False

2. Exercise must last at least 30 minutes to be beneficial.
 - a. True
 - b. False

3. Which of the following are steps you can take to be a safer driver?
 - a. Get five to six hours of sleep each night.
 - b. Drink caffeine throughout the day.
 - c. Take medications as prescribed by a doctor.
 - d. All of the above

4. Drivers with untreated or undiagnosed health conditions are more likely to be involved in a crash.
 - a. True
 - b. False

5. Both physical and mental health contribute to your ability to drive safely.
 - a. True
 - b. False

NAME: _____ DATE: _____



Top 3 hazmat violations in 2021

According to the Federal Motor Carrier Safety Administration's (FMCSA's) Analysis & Information (A&I) online data, the top three hazardous materials regulations violations so far this year are as follows:

- 1 **Package not secure in vehicle (177.834(a))**
- 2 **No copy of US DOT Hazardous Materials Registration Number (107.620(b))**
- 3 **Shipping paper accessibility (177.817(e))**



“Package not secure in vehicle” has been at the top of the list for the past four years (that’s as far as the data goes back).

Driver focus

Drivers are responsible for the hazmat load at the time of inspection and may need to be reminded of their responsibilities:

- 1 **Package securement.** While on the road, packages containing hazmat and not permanently attached to the vehicle must be secured to minimize shifting. Additionally, drivers need to know that certain hazmat cannot be transported with other types of hazmat. This information is laid out in the segregation table in 177.848.
- 3 **Shipping papers.** While transporting hazmat by highway, shipping papers have very specific requirements because they need to be accessible to authorities in the event of an incident or accident. Be sure to remind drivers that:
 - The hazmat shipping papers must be clearly distinguished from other papers.
 - The shipping papers must be within the immediate reach of the driver when the driver is restrained by the seat belt.
 - The shipping papers must be readily visible to anyone entering the driver’s compartment or in a pouch or holder mounted on the inside of the driver’s side door.
 - If the driver is not in the vehicle, the shipping papers must be either in the door pouch, the door holder, or the driver’s seat.

- 2 **No copy of USDOT Hazardous Materials Registration Number.**

If you’re required to obtain the hazardous material registration, you’re required to keep copies of the registration statement and the certificate of registration at your principal place of business. Drivers must carry a copy of your current certificate of registration, or another document bearing your current year’s registration number identified as the “U.S. DOT Hazmat Reg. No.” Every vehicle you use for hazmat transportation that meets the registration criteria must carry this proof of registration. Make sure this documentation is on board and drivers know where to find it.

Additionally, shipping papers must have emergency response information on or in association with the shipping paper. ♦



FMCSA announces process for becoming a Training Provider

After years of delays, the Federal Motor Carrier Safety Administration's (FMCSA) entry-level driver training (ELDT) rule is headed to the finish line with the opening of the Training Provider Registry (TPR).

Schools, motor carriers, and other entities planning on providing ELDT must register and be approved to be on the registry before they can provide training.

Registration is a three-step process:

- 1. Access.** Entities will need to have or create a login.gov account to access the TPR. Once logged in, the user will be sent to the TPR registration site.
- 2. Registration.** Information that will be needed during the registration process includes:
 - Provider name, facility name, contact information;
 - Type of provider (for-hire/not-for-hire, in-house/not-in-house);
 - Type of training provided;
 - Average training hours and cost; and
 - Third-party affiliations, certifications, or accreditations.
 - Training providers will also be required to certify that they meet specific standards related to curricula, facilities, instructors, vehicles, and state licensing requirements (if applicable).
- 3. Additional locations.** Once FMCSA has approved an entity's request, providers with more than one location will need to register each of these locations.

The TPR may be accessed at <https://tpr.fmcsa.dot.gov/> Provider. ♦

Answers to quiz on page 5:

1. A, 2. B, 3. C, 4. A, 5. A



Next Month's Topic: Fire Safety

No one wants to think about the possibility of a fire in a cab or truck, but being prepared to act quickly in an emergency could mean the difference between life and death for your drivers. It is important to review fire safety procedures and equipment to make sure you and your drivers know good fire safety protocols.

Expert Help: Question of the Month

Question: Is there a DOT-mandated safety course for the handling and transportation of hazardous materials?

Answer: According to 49 CFR 172.702, any employee who directly affects the transportation process of a hazardous material, such as packaging, labeling, placarding, and loading/unloading, is required to receive hazmat training. Those employees who only sign the bill of lading (BOL) upon receipt of the material do not affect the transportation process and therefore are not considered hazmat employees.

The DOT states that the hazmat training must include:

- **General awareness:** Familiarity with hazmat regulations and ability to recognize hazmat
- **Function-specific knowledge:** Training specific to the employee's hazmat duties, e.g., those who package hazmat would receive additional training on hazmat packaging
- **Safety:** Training on how to protect employees from hazards of materials, accident response, proper PPE
- **Security:** Training on security risks associated with hazmat
- **In-depth security:** Training on the security plan and the employee's role in the plan (only when a security plan is required)

Training may be provided by the hazmat employer or other public or private sources. ♦

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Policyholders with as
near perfect protection,
as near perfect service
as is humanly possible,
and to do so at the
lowest possible cost.”***

***Co-founder H.O. Hirt
Our Founding Purpose***