



"Safety & Compliance are Never a Compromise"

Keep it moving!

Inside this issue:

Driver wellness. 1

Safety focus: Q & A:
Your periodic/annual
inspection questions . . . 3

Could reheating those
leftovers increase your
cancer risk? 4

**Call Today to Get Your
FREE
Transportation
Audit.**

520.398.4697

www.McCrarenCompliance.com



Driver wellness

At this time of year, many of us focus on resolutions for the new year. Weight loss, improved nutrition, starting an exercise program, and a general improvement in health, top the list for many.

Though these types of resolutions can be a challenge for most, for the professional driver, they can seem to be impossible to achieve.

Believe it or not, it can be done, but it requires a bit more in the way of effort and dedication.

Don't become a statistic

In 2010, the National Institute for Occupational Safety and Health (NIOSH) collected data from 1,670 long-haul truck drivers at 32 truck stops across the 48 contiguous United States.

The research found that seven of ten long-haul drivers are obese, meaning they have a body mass index (BMI) of 30 or higher. Seventeen percent are morbidly obese (BMI of 40 or higher).

These figures are much higher than that of the general adult working population. Three of ten within this group are obese, and seven percent are morbidly obese. (An individual is considered to be of normal weight if he/she has a BMI of between 18.5 and 24.9. An individual is considered to be overweight if he/she has a BMI of between 25 and 29.9.)



Health issues

Obesity is a serious issue, as it increases the chance of:

- Type 2 diabetes;
- Sleep apnea;
- Heart disease;
- Stroke; and
- Joint and back pain.

The NIOSH data also revealed that more than half of long-haul drivers have two or more health conditions or unhealthy behaviors that can increase the chance of developing preventable diseases, including:

- High blood pressure;
- Obesity;
- Smoking;
- High cholesterol;
- Limited physical activity;
- Fewer than six hours of sleep.

(continued on page 2)

Driver wellness *(continued from page 1)*

It's all about choices

So how does a driver avoid becoming a statistic? It's all about making healthy choices, including:

- Following a healthy diet;
- Drinking plenty of water;
- Exercising; and
- Getting proper sleep.

A healthy diet

All food and beverage choices matter; both when on the road as well as when at home. A healthy diet includes eating a variety of foods that are rich in nutrients and low in calories. This includes:

- **Vegetables and fruits.** Choose vegetables and fruits of various colors and varieties for both meals and snacks, including tomatoes, broccoli, apples, pears, berries, and carrots.
- **Whole grains.** At least half of all grains consumed each day should be whole grains. This includes oatmeal, brown rice, and whole wheat pasta.
- **Fat-free or low-fat dairy.** Fat-free (skim) or low-fat (one percent) milk, cheese, and yogurt are all good choices.
- **Lean protein.** This includes seafood, lean meats, poultry, eggs, nuts, and seeds.



Saturated and trans fats, oils, added sugars, and sodium (salt) should be limited, as they provide little nutritional value.

Planning ahead can go a long way in making healthy food choices - especially when on the road. Before hitting the road, a driver should try to plan for some meals and snacks. He/she should make a grocery list that includes items that can be carried in a small cooler, and then head to the grocery store. The list should include fresh fruit and cut up vegetables, ready to eat cereals, and unsalted nuts.

Drink plenty of water

We need water to process the nutrients we eat, cleanse our bodies of toxins and impurities, and replenish us after exercise or physical exertion. Normally, at least eight-8 ounce glasses of water should be consumed every day.

When on the road, filling a pre-marked water bottle at the start of each day can help in ensuring that at least 64 ounces of water are consumed each day.

Exercise

Regular physical activity is important to overall health and fitness. When combined with a proper diet, being physically active can help with losing weight or maintaining a healthy weight. Exercise can also have a positive impact on well-being, sleep, and strengthening muscles and bones.

Beneficial physical activity includes:

- Aerobic activities, including brisk walking, jogging, bicycling, and swimming;
- Resistance, strength building, and weight-bearing activities, such as lifting weights and push-ups; and
- Balance and stretching activities, including gentle stretching, dancing, and martial arts.



The U.S. Department of Agriculture (USDA) recommends that adults do at least two and a half hours of moderate physical activity each week.

Having a "game plan" can help in finding time for exercise. The "game plan" may include a 30-minute walk during a stop or it may include stopping at a truck stop or hotel that has exercise equipment.

The "game plan" could also include carrying exercise equipment in the vehicle, such as hand weights or a bicycle, or doing simple stretching exercises.

Proper sleep

Establishing good sleep habits and getting proper rest is important to our overall well-being. In general, adults need seven to eight hours of uninterrupted sleep to feel well rested. A sleep loss of as little as two hours can have an impact on alertness and performance, including causing

you to have a poor attitude/mood.

Getting a solid eight hours of sleep, trying to establish a regular sleep and wake schedule, and avoiding driving during "down" times can all play a part in wellness.



Safety focus: Q & A: Your periodic/annual inspection questions

This edition of Q & A addresses periodic/annual inspection requirements in Part 396 of the Federal Motor Carrier Safety Regulations (FMCSRs).

Q: How can our company meet the periodic/annual inspection requirements?

A: Commercial motor vehicles operating in interstate or foreign commerce must pass an inspection at least annually.

The inspection requirements may be met through:

- A self-inspection program;
- An inspection performed by a commercial garage or similar business; or
- A periodic inspection program administered by a state.

The inspection must comply with federal or compatible state standards.

Commercial motor vehicles operating in intrastate commerce may also be subject to annual inspection requirements. Consult state regulations for specific details.

Q: Who is qualified to conduct a self-inspection?

A: A self-inspection must be conducted by a qualified inspector, whether the inspector works directly for the carrier or a third party, such as a truck stop, repair shop, or an inspection business.

The individual conducting the inspection must understand the inspection criteria in Part 393 and Appendix G of the FMCSRs and must be able to identify defective components.

He/she must be knowledgeable of and have mastered the methods, procedures, tools, and equipment used when performing the inspection.

The inspector must have a combination of training and/or experience totaling at least one year. Evidence of the inspector's qualifications must be documented.

Q: How is the inspection documented?

A: The inspector performing the inspection must prepare a report which identifies the:

- Name of the individual performing the inspection;
- Motor carrier operating the vehicle;
- Date of the inspection;
- Vehicle inspected; and
- Components inspected.

A statement certifying the accuracy and completeness of the inspection must be included.

The inspection report must be kept where the vehicle is housed or maintained for 14 months and a copy of the inspection report must be kept in the vehicle.

Q: Can we use a decal to document the inspection?

A: A decal may be placed on the vehicle. The decal must include:

- The date of inspection;
- Name and address of your company or other entity (for example, commercial garage) where the inspection report is maintained;
- Information uniquely identifying the vehicle inspected if not clearly marked on the motor vehicle; and
- A certification that the vehicle has passed an inspection in accordance with Sec. 396.17.

Though the decal replaces the inspection report on the vehicle, the inspection report must continue to be retained where the vehicle is housed or maintained for 14 months as discussed earlier in this edition of Q & A.





Saving Lives Reducing Injuries Protecting Our Clients

3980 E. Columbia St. Tucson, AZ 85714

520.398.4697

sales@mccrarencompliance.com

CHECK OUT OUR WEBSITE! www.McCrarenCompliance.com

Could reheating those leftovers impact your cancer risk?

"To keep the body in good health is a duty ... otherwise we shall not be able to keep our mind strong and clear."

~ By
Buddha

Popping a dish into the microwave and pressing start is an easy way to heat leftovers or a meal from the deli. But could microwaving food in a plastic container increase your risk of cancer?

Although the link between plastic and cancer is a popular urban myth, it's highly unlikely that exposure to plastic containers will lead to cancer.

Concerns about plastic likely stem from misinformation that they contain dioxins. While dioxins have been linked to cancer, plastic does not contain them. They're only created when it's burned.

Because of this, it's improbable that dioxins would enter your body because of food reheated in the microwave.

There are other health concerns about plastic containers that contain the chemical bisphenol A (BPA) in relation to health effects on children. However, the Food and Drug Administration (FDA) states that BPA is safe at current levels occurring in foods.

If you are concerned about this chemical, however, you can take these steps to reduce your exposure:

- Choose products that are labeled BPA-free.
- Look at the recycling code. Some plastics marked with a recycle code 3 to 7 may be made with BPA.



- Some takeout trays are for one-time microwave use; be sure they follow the directions on the package.
- Keep in mind that plastic tubs that hold butter, yogurt, whipped topping, and foods such as cream cheese or mayonnaise, are not microwave-safe. Check the recycle codes listed earlier to see if these containers are made with BPA.
- Old, cracked, or scraped-up plastic containers, or those that have been microwaved many times, may leach out more plasticizers.
- Your best alternative for heating food in the microwave is to use a microwave-safe glass or ceramic container or a plastic container that is labeled as safe for microwave use.



Check your container before putting leftovers in the microwave.