



“Safety & Compliance are Never a Compromise”

Keep it moving!

Inside this issue:

Compliance, Safety,
Accountability 1

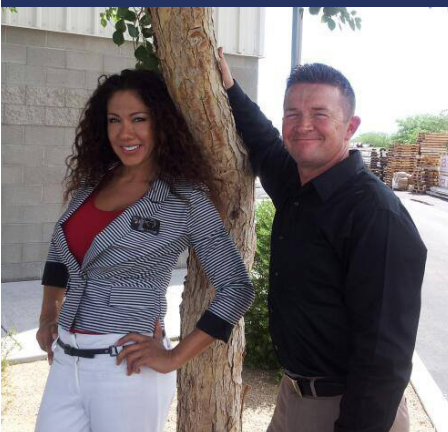
Safety focus: Flood
Preparedness 3

Gum health may impact
brain health..... 4

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

520.398.4697

www.McCrarenCompliance.com



Compliance, Safety, Accountability

Compliance, Safety, Accountability (CSA) is a Federal Motor Carrier Safety Administration (FMCSA) program. Its goal is to reduce crashes, injuries, and fatalities on the nation's highways by assessing the safety performance of motor carriers and drivers.

To assess the safety performance of motor carriers and drivers, data is collected. Most of the data is collected during roadside inspections. The rest of the data comes from crash reports and investigations conducted by FMCSA.

So, why is CSA important to the professional driver? Scores are generated from the data collected. These scores can have either a positive or negative impact on both the driver and his/her company.

Know the BASICS

The data collected from roadside inspection reports, crash reports, and FMCSA investigations is analyzed, numerically scored, and organized into one of seven critical safety areas called Behavior Analysis and Safety Improvement Categories (BASICS). The seven BASICS are:

1. **Unsafe driving.** Addresses careless or dangerous operation of commercial motor vehicles (CMVs) by drivers.
2. **Hours-of-service compliance.** Covers operation of CMVs by drivers who are ill, fatigued, or in



noncompliance with the hours-of-service regulations.

3. **Driver fitness.** Addresses operation of CMVs by drivers who are unfit due to a lack of training, experience, or medical qualifications.
4. **Controlled substances and alcohol.** Covers operation of CMVs by drivers who are impaired due to alcohol, illegal drugs, and/or misuse of prescription or over-the-counter medications.
5. **Vehicle maintenance.** Addresses failure to properly maintain a CMV and prevent shifting loads.
6. **Hazardous materials compliance.** Addresses the unsafe handling of hazardous materials on a CMV.
7. **Crash indicator.** Covers history or patterns of high crash involvement, including frequency and severity. It is based on law enforcement crash reports.

(continued on page 2)

Compliance, Safety, Accountability *(continued from page 1)*

The goal is to maintain low scores in all seven of the BASICs. The lower the scores, the less chance of intervention. An intervention is corrective action taken by FMCSA. Interventions range from a warning letter, to an out-of-service order.

The roadside inspection

The roadside inspection is where the majority of driver and carrier data is gathered. Because of this, it is important to have as many positive roadside inspections as possible.

Drivers can assist in ensuring positive roadside inspections by keeping paperwork current and easy to read. Also, their vehicles should be in the best condition possible. This includes following a solid preventive maintenance program.

In addition to a preventive maintenance program, drivers should conduct thorough pretrip and post-trip inspections, and make sure vehicle problems are repaired as soon as possible.

The driver is representing both himself/herself and the company during a roadside inspection. Drivers need to be prepared and act professionally.

Scores

Each month CSA's Safety Measurement System (SMS) measures the data collected from the previous 24 months for motor carriers and previous 36 months for drivers and calculates scores in each of the BASICs.

Violations are given a value of one to ten with the higher value indicating a more severe violation. Examples of low value violations include:

- A form and manner violation on a record of duty status; and
- Driving with a defective or missing mud flap.

Examples of high value violations include:

- Operating a commercial motor vehicle while ill or fatigued;
- Reckless driving; and
- Operating commercial motor vehicle while texting.

In addition to being given a value, violations are time weighted. Recent violations are given a higher weighting than those in the past.

Motor carrier scores generated in the SMS are then entered into a database and compared to the scores of other motor carriers. This is how FMCSA then identifies intervention candidates.

FMCSA does not use the SMS to assign formal safety ratings to drivers. Safety investigators do investigate drivers with egregious violations when investigating a motor carrier.



DataQs

DataQs is a system that allows carriers and drivers to challenge data FMCSA has on file about them and lists on its websites. DataQs is commonly used by motor carriers to request copies of roadside inspection reports and/ or ask for corrections to the data found on the reports. DataQs is often used by drivers to dispute or ask for correction to data listed on their Pre-Employment Screening (PSP) records.

A motor carrier or driver must register to use DataQs. Once registered, a motor carrier or driver must provide the appropriate information for a request to be processed.

DataQs then forwards the request and all of the information provided to the agency that entered the data being challenged by the motor carrier or driver. At this point, an investigation is conducted. Once the investigation is completed, the motor carrier or driver is notified of the investigation's results via the DataQs system. If necessary, changes/corrections will be sent to FMCSA.

The DataQs website is: [https:// dataqs.fmcsa.dot.gov](https://dataqs.fmcsa.dot.gov).

What is PSP?

The Pre-Employment Screening Program (PSP) is a voluntary program that allows carriers, individual drivers, and industry service providers access to commercial drivers' safety records from FMCSA's Motor Carrier Management Information System (MCMIS).

A PSP record contains a driver's most recent five years of crash data and the most recent three years of roadside inspection data from the MCMIS database. The record displays a snapshot in time, based on the most recent MCMIS data uploaded to the PSP system. A new snapshot is uploaded approximately once per month.

It is a good idea for all drivers to review their PSP records from time to time to ensure accuracy.

A copy of the PSP record is available via the PSP website: <https://www.psp.fmcsa.dot.gov/psp>.

Safety focus: Flood preparedness

Floods can be serious catastrophes and they are one of the most common hazards in the United States. Floods can be caused by a variety of factors, including a sudden accumulation of rain, rising rivers, tidal surges, ice jams, and dam failures. Some floods develop slowly, while flash floods can develop in just a few minutes and without visible signs of rain.

As a result, OSHA and the National Oceanic and Atmospheric Administration (NOAA) worked together on a public education effort aimed at improving the way people prepare for and respond to severe weather. OSHA, in particular, focused on helping businesses and their workers prepare for floods, and provided information about hazards that workers may face during and after a flood event.

What are the risks for workers?

Workers who respond to flooded areas face the greatest risks from floods, but all workers can help protect themselves by preparing evacuation plans and learning about the hazards commonly associated with floods. The most common hazards associated with floods are:

- Electrical hazards;
- Tree and debris removal;
- Carbon monoxide;
- Lifting injuries;
- Mold;
- Rodents, snakes, and insects;
- Chemical and biological hazards;
- Fire;
- Drowning;
- Hypothermia (due to the cold weather and water exposure);
- Exhaustion (from working extended shifts); and
- Heat.

Another hazard to be aware of is driving during flood conditions. Nearly half of flood fatalities are vehicle-related. If the water level is rising around the vehicle you are operating, abandon the vehicle.

Be prepared

Be aware of flood hazards no matter where you live or work, but especially if you are in low-lying areas, near water, behind a levee, or downstream from a dam. Stay alert to weather forecasts and emergency alerts.

If you are under a flood watch or warning, the Centers for Disease Control (CDC) recommend that you:

- Have a stocked emergency kit on hand and stay tuned to news updates.
- If evacuation appears necessary, turn off all utilities at the main switch or valve.
- Be aware of when you received your last tetanus shot in case of a cut or wound during flooding.
- Fill bathtubs, sinks, and clean bottles with water. Sanitize the sinks and tubs first by using bleach. Rinse and fill with clean water.
- Bring outdoor lawn furniture, grills, and trash cans inside or tie them down securely.

Avoid driving in flooded conditions, but if you must, remember these points:

- Six inches of water will reach the bottom of most cars causing loss of control and possible stalling.
- A foot of water will float many vehicles.
- Two feet of rushing water can carry away most vehicles including SUVs and pick-ups.
- Be wary of unknown road conditions and do not attempt to drive on a flooded road. The depth of water is not always obvious and the road bed may be washed out under the water.
- Do not drive around a barricade. Turn around and find another way.
- Do not try to take short cuts. Stick to designated evacuation routes.
- Avoid driving at night when it is harder to recognize flood dangers.



When driving you should also be aware of hydroplaning. A heavy rain causes water to stand on the roadway that can cause a vehicle to hydroplane. The faster a vehicle travels on standing water, the greater the chance of hydroplaning. This is because traction is only present when a vehicle's tires have contact with the road. If the tires are riding on a wall of water, they lose traction. This loss of traction causes you to lose steering control of your vehicle.

The best way to prevent hydroplaning is by slowing down. Visibility is also a concern when driving in the rain. Make sure your vehicle's windshield wipers and defroster are working properly.



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

Gum health may impact brain health

"We are what we repeatedly do. Excellence, then, is not an act, but a habit."

~ Aristotle
121 AD – 180 AD

Taking care of your gums can help prevent infection and tooth loss, and researchers have found another great reason to care for them. Gum problems have been linked to Alzheimer's disease, which destroys memory and thinking skills.

A recent study found a key bacteria responsible for gum disease in the brains of 96 percent of patients with Alzheimer's disease. The study, published in the journal Science Advances, also found that blocking the bacteria in the brains of mice had a positive effect.

Another study found that people who had both Alzheimer's disease and chronic periodontitis (a serious gum infection) declined more quickly than those without gum disease.

It is still unclear whether the bacterial infection is a cause or result of Alzheimer's disease. More research is being done to see if treatment targeting the bacteria will help fight Alzheimer's as well as gum disease.

In the meantime, it's never a bad idea to take steps to keep your gums healthy:

- Brush twice daily;
- Floss every day;
- Don't smoke; and
- Visit your dentist regularly.

Signs of gum disease

- Tender, swollen, or puffy gums;
- Gums that bleed easily when you brush or floss;
- Gums that have pulled away from teeth; and
- Bad breath.

Gum disease, an infection of tissues that keep your teeth in place, can occur when plaque isn't removed from the teeth.

Plaque can harden into tartar along the gum line. The tartar can't be cleaned with simple brushing, and allows bacteria to collect and irritate the gums.

The early stages of gum disease, called gingivitis, can usually be reversed with a professional cleaning and regular brushing and flossing. If it's not taken care of, however, it can progress to periodontitis.

This form of gum disease can lead to the gums pulling away from the teeth, loss of bone, or loose or lost teeth.



**Healthy gums =
healthy brain**

Don't forget to floss!

Floss daily. Up to **35 percent** of the tooth's surface isn't cleaned if you don't floss.

Using about **12 inches** of floss, wrap it around the middle finger of each hand. Use your first finger to guide the floss between teeth and make a "C" shape.

Floss **both sides** of each tooth.