



# "Safety & Compliance are Never a Compromise"

## Keep it moving!

### Inside this issue:

Alcohol and drug testing:  
Basic requirements . . . . . 1

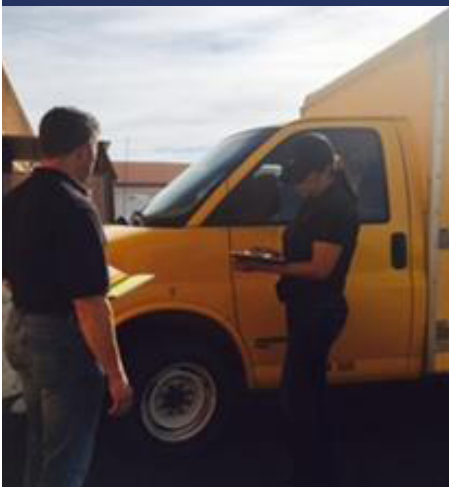
Safety focus: The  
importance of the  
visual search . . . . . 3

Annual shots help fight  
ever-changing flu  
viruses . . . . . 4

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

**520.398.4697**

[www.McCrarenCompliance.com](http://www.McCrarenCompliance.com)



### Alcohol and drug testing: Basic requirements

The regulations state that if you are a driver who operates a CMV (in either interstate or intrastate commerce) that requires you to possess a commercial driver's license (CDL), you are subject to alcohol and drug testing requirements. The purpose of the regulations is to prevent vehicle accidents and injuries that are the result of misuse of alcohol and/or abuse of drugs.



#### **Safety-sensitive function**

A safety-sensitive function is defined as all time from the time you begin work or are required to be ready for work until the time you are relieved from all work and all responsibilities for performing work. This includes:

- Waiting to be dispatched;
- Inspecting, servicing, or conditioning a CMV;
- Time at the controls of a CMV;
- Time in or on a CMV except sleeper-berth time;
- Loading, unloading or attending to a CMV being loaded/unloaded, remaining ready to operate a CMV, giving/receiving receipts; and
- Repairing, obtaining assistance, or in attendance of a disabled CMV.

#### **Prohibitions**

Misuse of alcohol or use of a controlled substance that could affect your performance of safety-sensitive functions is prohibited.

Alcohol prohibitions include:

- Use while performing a safety sensitive function;
- Use during the 4 hours before performing a safety-sensitive function;
- Reporting for duty or remaining on duty to perform a safety-sensitive function with an alcohol concentration of 0.04 or greater;
- Use during the 8 hours following an accident, or until the driver takes a post-accident test; or
- Refusing to take a required test.

Controlled substance prohibitions include:

- Use of any drug, except by doctor's prescription, and then only if the doctor has advised you that the drug will not adversely affect your ability to safely operate a commercial motor vehicle;
- Testing positive for drugs;
- Having an adulterated or substituted drug test result; or
- Refusing to take a required test.

*(continued on page 2)*

## Alcohol and drug testing: Basic requirements *(continued from page 1)*

### Types of tests

There are six types of alcohol and drug tests that are required in the regulations.

**Pre-employment.** A pre-employment drug test is given before you perform any safety-sensitive functions for a motor carrier. The motor carrier must receive a negative result before allowing you to drive or perform other safety-sensitive functions.



A pre-employment alcohol test is not required, but could be conducted if the motor carrier meets certain criteria.

**Post-accident.** A post-accident **alcohol** test is required if you are involved in an accident while driving a CMV and:

- Any person in the accident dies;
- You receive a citation within 8 hours of the accident for a moving traffic violation and any person involved in the accident is injured and immediately taken away from the scene for medical treatment; or
- You receive a citation within 8 hours of the accident for a moving traffic violation and one more of the vehicles involved has been towed away from the scene.

A post-accident **drug** test is required if:

- Any person in the accident dies;
- You receive a citation within 32 hours of the accident for a moving traffic violation and any person involved in the accident is injured and immediately taken away from the scene for medical treatment; or
- You receive a citation within 32 hours of the accident for a moving traffic violation and one or more of the vehicles involved has been towed away from the scene.



After an accident, you must remain available for testing. If you are not available for testing, this could be considered a refusal to submit to testing. A refusal to submit to testing is treated the same way as failing an alcohol or drug test.

**Random.** Random testing by your motor carrier for alcohol will be done just before, during, or just after you perform a safety-sensitive function. Random testing for drugs may be done anytime you are at work.

Once you are notified of a random test, you must proceed immediately to the testing site. Failure to do so is considered a refusal to test, which is treated the same way as failing an alcohol or drug test.

**Reasonable suspicion.** A reasonable suspicion test may be required if your motor carrier has reason to believe that your appearance or behavior may indicate drug or alcohol use.

Observations for alcohol testing must be made by your motor carrier just before, during, or after you perform a safety-sensitive function. Observations for drug testing may be made any time you are at work.

This determination of reasonable suspicion will be made by a trained supervisor. The supervisor will state his/her observations concerning your appearance, behavior, speech, or body odor.



**Return-to-duty.** Return-to-duty testing is required before returning to duty after testing positive for drugs, failing an alcohol test, or refusing to take a drug or alcohol test.

**Follow-up.** Follow-up testing is required after returning to duty. The regulations require a minimum of six tests in the first year after returning to a safety-sensitive function. Follow-up testing can go on for a total of five years.

### Return-to-duty process

Testing positive for drugs, failing an alcohol test, or refusing a drug or alcohol test, will lead to a series of consequences. If any of these occur, you will be removed from all safety-sensitive functions, including driving a CMV, and may not return until you have completed the return-to-duty process.

This return-to duty process includes being evaluated by a substance abuse professional (SAP), completing the educational and/or treatment program prescribed by the SAP, and passing a return-to-duty drug and/or alcohol test.

You will then be subject to a minimum of six follow-up tests in the first year after returning to duty. Follow-up testing can go on for up to five years.

---

# Safety focus: The importance of the visual search

As a professional driver you need to be aware of what is going on around your vehicle at all times. Conducting an effective visual search is important when it comes to gathering all of the necessary information needed to make safe driving decisions.

## Distance scanning

You should always look far enough ahead to:

- Provide enough time to spot a problem;
- Decide on the best way to avoid the problem;
- Check for adverse traffic conditions; and
- Provide enough time to maneuver away from a potential problem or situation.

As a general rule, you need to look about 12 to 15 seconds ahead of your vehicle. In the city, that is about two to three blocks. On the highway, that is about one quarter of a mile. If you can't see that far ahead, you are driving too fast and should slow down.

As well as looking ahead, you should be scanning to the sides and behind the vehicle.

You should watch road signs and check the vehicle's instruments. Your eyes should be continually moving from far to near.

Special attention needs to be paid to anything that could affect the path of travel including:

- Other vehicles;
- Stopped vehicles;
- Debris;
- Animals;
- Weather-related hazards (ice, snow, rain, fog, etc.);
- Road signs;
- Traffic signals;
- Intersections;
- Work/construction zones;
- Emergency vehicles; and
- Accidents.



There are several benefits to distance scanning including being able to identify hazards early. This provides additional time to react/respond, including finding ways to avoid the situation.

Distance scanning helps to avoid abrupt stops and extreme speed changes.

Effective distance scanning can help reduce fatigue as the your eyes are continually moving and are not fixed on a single object.

## Scanning to the sides

As mentioned earlier, you should be periodically scanning to the sides.

When driving in the city, scanning to the sides is crucial. Cars parked at the side of the road create hazards that may not be seen if you are not constantly scanning.

In a busy urban setting, people may walk between cars or open a car door without looking. Continually scanning can aid in avoiding a potential accident or injury.

At crosswalks, additional attention should be paid to what is happening to the right. Pedestrians and bicyclists are often hidden from your line of sight when closest to the vehicle.

Yield the right-of-way to pedestrians when turning on green.

At intersections, the vehicle should move forward slowly. You should:

- Look left, right, and left again;
- Start to pull into the intersection; and
- Continue to scan as pulling through the intersection.

## Use of mirrors

You should continually use mirrors to monitor the rear of the vehicle. They should be used to assist in:

- Checking load and cargo security;
- Watching for loose or falling cargo; and
- Looking for potential tire problems including flat or damaged tires or tire fires.

When changing lanes, check the mirrors:

- Before changing lanes (making sure there's room to change lanes);
- After signaling (making sure no one/nothing moved into the vehicle's blind spot);
- Right after beginning the lane change (making sure the vehicle's path is still clear); and
- After completing the lane change.

You should also check mirrors when forced to slow down quickly or unexpectedly, merge, or turn.

Use of mirrors is also important when approaching alleys and intersections. Mirrors must be used more frequently when in traffic tie-ups and when approaching or driving alongside parked or stopped vehicles.



# 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](http://www.McCrarenCompliance.com)

## Annual shot helps fight ever-changing flu viruses

*"The voice of intellect is a soft one, but it does not rest until it has gained a hearing."*

Sigmund Freud

One reason the flu is a perpetual troublemaker is because flu viruses are constantly changing.

They evolve from year to year, and can even change over the course of the flu season. To combat the transforming viruses, a new flu vaccine is developed annually based on research that indicates which flu virus strains will be most common during the upcoming season.

Because flu viruses change, it's important to get a flu shot each year. Even if a different strain pops up, the antibodies the body has created in response to the vaccination can still provide some protection.

It's also important to get a flu shot each year because a person's immune response to the vaccination lessens over time. A shot from last year won't provide optimal protection this time around.

The flu shot not only helps the person getting the vaccination stay healthy, it can also



help protect those who are more vulnerable to serious flu illnesses by limiting the chances of a flu outbreak. Those at high risk for developing flu-related complications include children younger than five, adults age 65 and older, pregnant women, nursing home residents, and American Indians and Alaskan Natives.

The new flu vaccine is usually available in October, and it's best to get vaccinated early in the season to help keep the virus from spreading in the community. Vaccinations are offered in doctor's offices and clinics, and may be available at the workplace and other locations.



**Because flu viruses change, it's important to get a flu shot each year.**



The Centers for Disease Control and Prevention (CDC) recommends that everyone **6** months and older get an annual flu shot.



After receiving the flu shot, it takes about **2** weeks for your body to build up immunity to the virus.



Flu shots for adults are linked with a **71** percent reduction in flu-related hospitalizations, one study showed.