



# TRUCKER

2020 | VOLUME 11 | ISSUE 2

*Focus*



# STRESS ON **TRUCKERS**

# WAYS TO MANAGE **STRESS** AS A TRUCKER

*By Cliff Johnson, Trucking Consultant*

From the days of buckboard wagons to the modern trucks operating today, the trucking industry has continued to play a vital role in our nation's economy. However, the job can be stressful and wear on drivers over time.

According to Trucking Research, a few of the reasons drivers face stress include discourteous drivers, road construction, and being away from home.

Though stress is not often discussed as a key reason for the driver shortage, it may be part of the issue. Stress can cause a calm person to become impatient and frustrated with their situation and can also affect a person's health.

So, how can a motor carrier help with driver stress? Isn't it just part of the job? No. Motor carriers with the lowest turnover rates are often proactive in removing roadblocks for drivers and providing a healthy work environment.

Motor carriers should make sure their operational practices and policies support the success of their drivers. If they're not working with drivers to address issues, it is reasonable to assume their drivers are experiencing more stress than normal and may eventually look elsewhere.

Other stress reducing measures include diet, exercise, ergonomics, and material handling aids. For example, a newer driver who does not know how to properly adjust the seat may be uncomfortable, decide they do not like the truck, and look for other work.

## **Symptoms of stress may include:**

- Headaches
- Stomach problems
- High blood pressure
- Shortness of breath and chest pains
- Poor sleep
- Drowsiness
- Anxiety and depression

*If you are interested in learning more, the Acuity Motor Carrier Toolbox ([acuity.com/mctb](http://acuity.com/mctb)) contains tools, including seat ergonomic tips and examples of stretches, to help motor carriers and drivers.*

# OUR HEROES

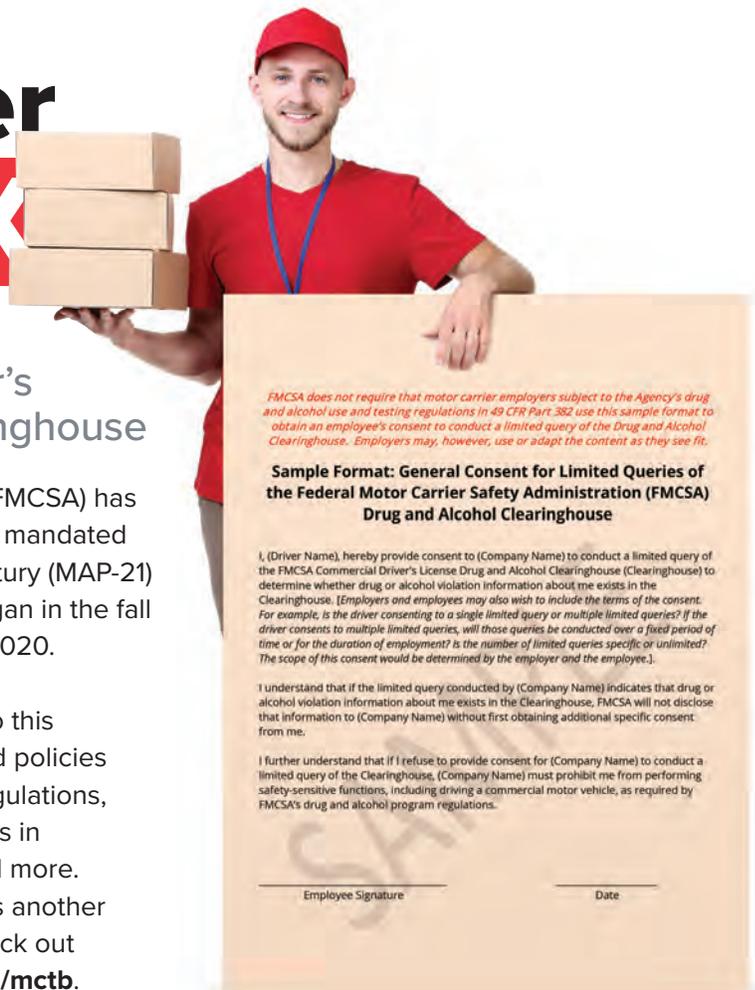
You, as a trucker, are the lifeblood of our nation. We would like to thank you for keeping our country running in this difficult time. Everyone in America owes you a debt of gratitude. Drive safely and stay healthy. **We are counting on you!**

## Motor Carrier TOOLBOX

### FMCSA's New Commercial Driver's License Drug and Alcohol Clearinghouse

The Federal Motor Carrier Safety Administration (FMCSA) has established The Drug and Alcohol Clearinghouse, mandated by the Moving Ahead for Progress in the 21st Century (MAP-21) highway bill of 2012. Motor carrier registration began in the fall of 2019 with full compliance effective January 6, 2020.

Acuity's Motor Carrier Toolbox gives you access to this document and over 140 other tools, programs, and policies designed to help you comply with government regulations, address maintenance and safety issues, aid drivers in navigating today's complex trucking business, and more. The tear-off page at the back of this issue features another resource that is available. For more great tips, check out Acuity's Motor Carrier Toolbox at [www.acuity.com/mctb](http://www.acuity.com/mctb).



*FMCSA does not require that motor carrier employers subject to the Agency's drug and alcohol use and testing regulations in 49 CFR Part 382 use this sample format to obtain an employee's consent to conduct a limited query of the Drug and Alcohol Clearinghouse. Employers may, however, use or adapt the content as they see fit.*

**Sample Format: General Consent for Limited Queries of the Federal Motor Carrier Safety Administration (FMCSA) Drug and Alcohol Clearinghouse**

I, (Driver Name), hereby provide consent to (Company Name) to conduct a limited query of the FMCSA Commercial Driver's License Drug and Alcohol Clearinghouse (Clearinghouse) to determine whether drug or alcohol violation information about me exists in the Clearinghouse. [Employers and employees may also wish to include the terms of the consent. For example, is the driver consenting to a single limited query or multiple limited queries? If the driver consents to multiple limited queries, will those queries be conducted over a fixed period of time or for the duration of employment? Is the number of limited queries specific or unlimited? The scope of this consent would be determined by the employer and the employee.]

I understand that if the limited query conducted by (Company Name) indicates that drug or alcohol violation information about me exists in the Clearinghouse, FMCSA will not disclose that information to (Company Name) without first obtaining additional specific consent from me.

I further understand that if I refuse to provide consent for (Company Name) to conduct a limited query of the Clearinghouse, (Company Name) must prohibit me from performing safety-sensitive functions, including driving a commercial motor vehicle, as required by FMCSA's drug and alcohol program regulations.

\_\_\_\_\_  
Employee Signature

\_\_\_\_\_  
Date

# BEST OF THE BLOG

By Cliff Johnson, Trucking Consultant



## Guidance on Using Personal Conveyance For Hours of Service

With the Electronic Logging Device rule in effect for just over two years, I am still receiving questions about personal conveyance and how drivers can utilize it. As an example, a friend of mine was taking his 10-hour rest break, but the parking spot he was originally in was only a 6-hour spot. A law enforcement officer asked him to relocate his truck due to this guideline. As the driver relocated his truck, he restarted his 10-hour break. Neither the driver nor his company knew how to use personal conveyance to avoid this issue.

To help provide direction in scenarios like the above, the Federal Motor Carrier Safety Administration (FMCSA) proposed final guidance applying to any driver authorized to operate a commercial vehicle for personal or non-business reasons. As we know, the Federal Motor Carrier Safety Regulations (FMCSRs) require drivers to document their hours of service (HOS) on records of duty status (RODS), identifying one of four duty status options:

- 1 *On duty, not driving*
- 2 *Driving*
- 3 *Sleeper berth*
- 4 *Off duty*

Personal conveyance is the movement of a commercial motor vehicle (CMV) for personal use while the driver is off duty. Motor carriers, at their discretion, may authorize their drivers to use a CMV for personal use. When this occurs, drivers are required to document such use as off duty on their RODS, regardless of the method used to record the driver's HOS.

The FMCSA's revised personal conveyance guidance focuses on the reason the driver is operating a CMV, without regard to whether the CMV is laden (loaded). It also provides a variety of scenarios as to when the use of personal conveyance is allowable and includes passenger carrier specific scenarios.

The guidance clarifies issues such as:

- *When using personal conveyance to leave a shipper or receiver and travel to a safe location for rest is allowed*
- *When commuting to and from work can be considered personal conveyance*
- *The use of personal conveyance does not impact on-duty time*

The ELD rule required ELD manufacturers to include a special driving category for authorized personal use, which includes personal conveyance. Drivers authorized to use personal conveyance may use this feature or remain in off-duty status. In either case, the electronic record should be annotated to explain the circumstances. Be aware that if you are using an electronic method, many systems require the motor carrier to turn on the personal conveyance option within their electronic system.

For guidance, please see the Personal Conveyance web page on the FMCSA website. Also, COVID-19 Emergency Declarations, Waivers, and Exemptions take precedence while in force and are also available on the site. Check out more entries at [acuity.com/trucker-focus](https://www.acuity.com/trucker-focus).



# COMING SOON!

National Truck Driver Appreciation Week is September 13-19. It is the one week every year set aside for America to honor all professional truck drivers for their hard work and commitment to one of our economy's most important jobs. Acuity understands the importance of truck drivers and celebrates them every chance we get.

In each of the past three years, Acuity honored drivers with our National Truck Driver Appreciation Week Essay and Video Contests. Children were

provided the opportunity to celebrate and recognize truck drivers. The contests were a social media success and the videos can be found on our YouTube page.

For Appreciation Week 2020, Acuity is going to take a different route. Rather than hearing exclusively from children, we would like to hear from everyone. Whether you are a family member or a neighbor of a trucker, a fellow driver, or a trucking company, we would like you to nominate a driver you feel deserves special recognition. Cash prizes will be awarded to the winners.

It is not too early to start thinking about who you would nominate. Stay tuned to [acuity.com/trucking](https://www.acuity.com/trucking), Trucker Focus - Acuity Insurance on Facebook, and [@acuityinsurance](https://twitter.com/acuityinsurance) on Twitter for more information.



## WORD OF MOUTH

Truckers don't have the option of working from home, and we want to express our sincere thanks for all those who kept on trucking and keep our country rolling. Connect with your fellow truckers and read more about other trucking topics at [facebook.com/acuitytrucking](https://www.facebook.com/acuitytrucking). You can also check out our trucking blog and access online resources and tools at [acuity.com](https://www.acuity.com).



# ASK THE SPECIALIST

**Tamara Remington**  
is Acuity's  
Building  
Security  
Specialist



## **Security Specialist Tamara Remington Fights Human Trafficking**

**Tamara Remington**, Acuity Building Security Specialist and retired police detective, spent 23 years in law enforcement, including as a member of the Federal Human Trafficking Task Force for Southeastern Wisconsin. Her first encounter with human trafficking occurred while a gang detective in San Jose, California. In 2005, Tamara came to Sheboygan and, for nearly 10 years, she researched resources of victims of sex trafficking and gave presentations to raise awareness of the issue.

Even after retiring from police work, Tamara is still actively involved in the prevention and awareness of human trafficking. This past February, she visited Florida to participate in the outreach and recoveries of trafficking victims during the Pro Bowl and Super Bowl.

In January 2019, while still a detective in the Sheboygan Police Department, Tamara and Acuity teamed up to create a video series to raise awareness of the issue. Here are some highlights of her video regarding the transportation industry.

### **What is the relationship between human trafficking and the trucking industry?**

We do see a lot of the victims of human trafficking in the same locations as truck drivers, so we rely on truck drivers to be eyes and ears out of the

community, out in the nation, rest stops, truck stops. Because, oftentimes, truck stops are in remote areas off the beaten path, that makes it a prime location for sex trafficking to occur.

### **Is there more than one type of human trafficking?**

Yes. Human trafficking is the umbrella word that refers to sex trafficking and labor trafficking. Sex trafficking accounts for about 80 percent of the human trafficking totals both internationally and domestically.

### **Are there common signs that someone is being trafficked?**

There are many signs that could indicate someone is being trafficked. The red flags are only a selection of possible indicators and may not be present in all trafficking cases. Each case or situation is unique. Each indicator should be taken in context and not considered in isolation. Some of these include the following:

- *Is the person malnourished?*
- *Does the person appear under the influence of alcohol or drugs?*
- *Does the person appear to be frequently monitored?*
- *Does the person have injuries, burns, brands, scarring, tattoos that indicate that they are the property of someone else?*
- *Is the person afraid to make eye contact or speak for themselves, often deferring to other people?*

*Continued at the top of the next page*



**If you suspect human trafficking, who should you contact?**

If an emergency is occurring, you should call 911. Otherwise, call your local, nonemergency law enforcement number. Additionally, you should follow your company protocol. But above all, you should call the National Human Trafficking Hotline at 888.373.7888. It is good to call the hotline in addition to your local law enforcement agency, so the tip can be sent to other jurisdictions and linked to other investigations if need be.

The trucking industry understands the important role it can play in putting an end to human

trafficking. Truckers Against Trafficking (TAT), started in 2009, exists to educate, equip, empower, and mobilize members of the trucking industry to combat human trafficking. The organization does this by saturating trucking and related industries with TAT materials, partnering with law enforcement and government agencies to facilitate the investigation of human trafficking, and marshalling the resources of their partners to combat this crime. **Acuity is a proud sponsor of Truckers Against Trafficking.**



# FIND THE FLAGPOLE FOR A CHANCE TO WIN \$100



Acuity's headquarters in Sheboygan, Wisconsin, is known for hosting the World's Tallest Symbol of Freedom: a 400-foot flagpole that flies a 70- by 140-foot American flag.

In each issue of the *Trucker Focus*, we'll hide a miniature version of our flag: . In our last issue, the flagpole was hidden in our Ask the Specialist article on page 6. Find the flag hidden elsewhere in this issue, then send an



email with its location to [flagcontest@acuity.com](mailto:flagcontest@acuity.com) by June 1, 2020. We'll choose a winner of \$100 at random from among the correct entries received.

*This contest is not open to employees of Acuity or their immediate family members. For a complete list of rules, visit [www.acuity.com/flagcontestrules](http://www.acuity.com/flagcontestrules).*

**Winner of last issue's contest was:**  
**Stephanie Sambola – Brentwood, TN**



# Acuity Knows Trucking!

Check out our dedicated trucking-focused online channels!

 **Trucking Web Page**  
[acuity.com/trucking](http://acuity.com/trucking)

 **Facebook**  
[facebook.com/acuitytrucking](https://facebook.com/acuitytrucking)

 **Blog**  
[acuity.com/trucker-focus](http://acuity.com/trucker-focus)

 **YouTube**  
[youtube.com/acuityinsurance](https://youtube.com/acuityinsurance)  
(Trucker Focus playlist)

 **LinkedIn**  
[linkedin.com/company/acuity-insurance](https://linkedin.com/company/acuity-insurance)

 **Twitter**  
[twitter.com/acuityinsurance](https://twitter.com/acuityinsurance)

## TRUCKING QUESTIONS?

Acuity's on-site trucking consultant provides over 30 years of industry experience to your business.

 **Email**

[trucking.news@acuity.com](mailto:trucking.news@acuity.com)

 **Phone**

800.242.7666, extension 1740





# LOOK TWICE

TRUCKER TALK AHEAD 

**INDUSTRY:** General Freight Trucking  
**OCCUPATION:** Truck Driver  
**TASK:** Pre-Trip Inspection

A 59-year-old, no-touch freight truck driver was injured while completing her pre-trip inspection and putting the seal on the trailer. The truck and dry van trailer were parked on the pavement near a light post with grass around it. Hidden in the grass was a five-inch wide and four-inch deep hole. She tripped in the hole, fracturing her right ankle.

Sadly, other drivers had also been tripped up by that hole, but the customer had not fixed it. Just packing some dirt in the hole would have prevented her injury. Instead, it cost nearly \$47,000 and over a year and a half in lost work days. And the driver will now live with hardware in her ankle.

Often, we cannot control the housekeeping and maintenance standards at customer sites, so stay vigilant. Look twice to avoid hazards. If you cannot be sure of your footing, as in grassy areas, take small, careful steps.



**TIPS TO LIVE BY**

**EMPLOYERS**

- If your driver is injured at a customer site, follow up with the customer to ensure it won't happen again.

**DRIVERS**

- Always wear sturdy shoes with good traction.
- Stay vigilant about hidden hazards. Before inspecting your truck and trailer, inspect the area around them for slip, trip, and fall hazards.
- Report debris, spills, or other hazards to the yard manager.





**focused on truckers**

2800 South Taylor Drive  
Sheboygan WI 53081

T: 800.242.7666

F: 920.458.1618

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

# TRUCKER *Focus*

For additional free copies,  
email: [TFsignup@acuity.com](mailto:TFsignup@acuity.com)



The articles in this publication are general in nature and not intended to and should not be relied upon or construed as technical, legal, or other professional advice. If legal or other expert assistance is required, the services of a competent professional should be sought. Any illustrations of coverage are for informational purposes only. Actual coverage is determined by the language of the policy or endorsement. The information presented is based on the most current information available at the time of publication.