

# TRANSPORTATION SAFETY NEWSLETTER

January 2019

## SAFETY

### Exercise

Persons who sit for long periods of time, lead sedentary lifestyles, or work in high-stress environments are prone to many serious health problems, such as Type 2 diabetes, heart disease, depression, deep vein thrombosis, and more. Exercise is a great solution. It can help you feel better, boost your energy, manage your weight, and prevent work-related injuries.

Below are several exercises that use your own body weight as resistance. These can be performed in the office, around the truck, or at home. Be sure to consult your physician before starting any exercise program.

#### Exercise Options

##### Stretch

Before starting any exercise program, take a few minutes to stretch your body thoroughly and warm up your muscles.

##### Jumping Jacks

Choose a flat and sturdy surface. Stand straight with your feet together and hands at your sides. Raise your arms quickly above your head while jumping and spreading your feet apart. Reverse the movement to jump back to the starting position.

##### Step Ups

Place your right foot on a stair step or tractor step. Bring your left foot up so you are standing on the step. Use the grab bar for stability. Return to the starting position by stepping down with the right foot, then the left so both feet are on the floor.

##### Bent Over Twist

Stand straight with feet shoulder width apart. Raise your arms to your sides and bend over, rotating your torso and touching your left shin with your right hand. Stand and touch your right shin with your left hand. As you progress, try reaching for your feet instead of your shins.

##### Push Ups

Lie in a face-down position with palms down on the floor. Lift yourself up with your arms, keeping your back and legs straight until your arms have straightened. Lower yourself slowly, keeping your elbows pointed close to your body. Start out with a few reps and build from there. You can also modify your technique by placing your knees on the ground.

**Information Provided By:** Great West Casualty Company

## REGULATORY

### FMCSA to Expand Off-Site Audits in 2019

News out of Washington suggests that motor carriers can expect higher fines and an increase in audits over the next year.

Earlier this month, the FMCSA announced that they'll begin conducting off-site audits in every state. Although the process has been around for the past nine years, it has rolled out slowly (and quietly) across the nation while the FMCSA determined whether it would enable them to increase the efficiency of their compliance audits.

Piggybacking on this news is a final rule published in the Federal Register that outlines the new, higher FMCSA fines for the upcoming year. Fines will increase across the board for things such as incomplete or falsified paperwork, CDL violations and evading regulatory requirements.

The takeaway here? With more audits and higher fines coming soon, now's the time to take a closer look at your business to ensure you're ready for the off-site audits that are coming in 2019.

#### How Do Off-Site Audits Work?

Instead of an auditor coming to your place of business and personally walking you through the process, the entire audit process will now be handled remotely through phone and digital communications.

For the FMCSA, the process makes sense: they can conduct more audits in less time. But for carriers, the disadvantage is clear: that personal visit gave them the opportunity to establish a rapport with the officer, who would often would forgive small violations and provide advice on compliance gaps.

#### How Can I Prepare for an Off-Site Audit?

There's two critical steps all motor carriers should take to make sure they're prepared for an off-site audit:

1. **Perform a full compliance review to make sure you're compliant.** The best way to avoid handing your hard-earned money over to the government is to make sure there aren't any gaps in your compliance programs. Unless you're a regulatory expert, we recommend working with a compliance consultant who can review your business, identify gaps and help you get compliant.
2. **Go digital.** If you're still maintaining paper files, now's the time to make the switch to an electronic filing system. This will ensure that all of your documentation is complete, available and legible when an auditor comes calling.

**Information Provided By:** American Trucking Associations