



News You Can Use

Comprehensive Services

- ◆ 100% Physician Only Injury Care
- ◆ Job-Related Injuries & Illness
- ◆ Physical Examinations
- ◆ DOT Mandated Services
- ◆ Medical Review Officers
- ◆ OSHA & MIOSHA Examinations
- ◆ Drug & Alcohol Screening
- ◆ HazMat Examinations
- ◆ Physical Therapy
- ◆ Independent Medical Evaluation
- ◆ Hepatitis Immunizations
- ◆ Flu Vaccines
- ◆ Sports Medicine
- ◆ On-Site Services
- ◆ Laboratory Services
- ◆ Wellness Services

ALTL Chooses the Smart Way to Health and Safety.

Over three decades ago, Anthony Luurtsema began modestly with several trucks, a trailer, and a van. A. Luurtsema Truck Lines, Inc, known today as ALTL, Inc, grew to a full-service carrier for office furniture, high-value products, retail, general merchandise, and food service customers.

Today, over 120 drivers serve customers in all 48 states and ALTL also operates a warehouse and drop yard for temporary storage. Staying in step with their customer's needs means "being on time" through hard work and innovation.

Alexandra Thomson, ALTL Human Resource Manager, administers the sometimes complicated compliance and reporting required for transportation operations. The Department of Transportation (DOT) requires pre-employment, random, post accident, reasonable suspicion, and return-to-work testing for employees. "I trust MED-1 as the experts on what needs to be done," says Alex.

ALTL relies on MED-1 for all their DOT exams and screening. "We participate in the MED-1 DOT consortium and also take advantage of their MRO services," says Alex. The complexity of drug screening/interpretation has increased dramatically over the past few years. With numerous adulterants available for purchase and new methods to trigger false positives/negatives, maintaining compliance with these changes requires a certified DOT Medical Review Officer to

assist with the collection, analysis, and interpretation process.

Although challenging, ALTL's proactive program of screening, intervention, and treatment is supported by safety and wellness programs to motivate their drivers. "Our most

valuable asset is our employees and we take pride in a very low turnover rate. The average length of service is 8 years and many of our drivers have over 20 years working for us," says Alex.



With new requirements on the horizon relating to the Comprehensive Safety Analysis 2010 (CSA2010) from the Federal Motor Carrier Safety Administration (FMCSA), ALTL is already investigating and planning for compliance and training for drivers.

"MED-1 is our advocate for work-related healthcare issues," says Alex. "We won't send our employees to anyone else because we truly value the quick response of physicians on every injury and resolution of Workers' Compensation cases."

ALTL is a member of SmartWaySM Transport - an innovative collaboration between The Environmental Protection Agency (EPA) and the freight sector designed to improve energy efficiency, reduce greenhouse gas and air pollutant emissions, and improve energy security. Companies that participate save money, reduce fuel consumption, and are recognized for their social responsibility and leadership.

Congratulations to ALTL for their innovation!

Occupational Health System

Personal Service...Professional Results

Consortium Services Offer Testing Option

*MED-1
provides DOT
and non-DOT
consortium
services for
employers.*

Would you like help administering your substance testing programs?

MED-1 provides consortium services for our employer companies as First MRO, including random selection programs for drug and/or alcohol testing. The program is tailored to meet your company's individual selection schedule and our technicians coordinate the complete process for pre-employment, post accident, reasonable suspicion, random, and return-to-duty, including the necessary follow up.

DOT Consortiums

The Department of Transportation (DOT) Omnibus Transportation Employee Testing Act of 1991 requires drug and alcohol testing of all safety-sensitive employees regulated by the Federal Aviation Administration (FAA); Federal Highway Administration (FHWA); Federal Railroad Administration (FRA); Federal Transit Association (FTA); and, Research and Special Programs Administration (RSPA).

The DOT allows employers to contract out their drug and alcohol testing functions to consortiums, acting on their behalf, to provide alcohol or controlled substances testing as required by Part 382 or other DOT alcohol or controlled substances testing rules.

MED-1 also provides **non-DOT consortium** services for companies enforcing drug-free work environments.

Our Consortium services adhere to all your requirements (DOT and non-DOT) and include:

- ✓ Database setup and maintenance for all employees in the pool;
- ✓ Monthly, quarterly, or bi-annual selections;
- ✓ Chain of Custody forms and process;
- ✓ MRO services;
- ✓ Department of Health and Human Services certified laboratory drug testing; and,
- ✓ Quality controlled collection and processing.

If you would like more information about First MRO Consortiums, please contact Mary Alice Ehrlich at 616.459.1560.



DOT Physical Exams

MED-1 Occupational Health System provides Department of Transportation (DOT) physical examinations in compliance with all the latest DOT mandates and protocols.

MED-1 **physicians** conduct hands-on physical examinations with the goal of determining whether an employee's physical and mental health are compatible with the safe and reliable performance of the assigned task and safety sensitive position.

These exams determine the existence of any significant defect or limitation which interferes with the ability to perform normal tasks associated with the operating of a motor vehicle including:

- ✓ diabetes;
- ✓ heart disease;
- ✓ respiratory dysfunction;
- ✓ high blood pressure;
- ✓ muscular, neuromuscular or vascular disease;
- ✓ epilepsy;
- ✓ mental or psychiatric disorders;
- ✓ hearing;
- ✓ eye sight;
- ✓ color blindness; and,
- ✓ substance abuse.

For more information on DOT exams, contact Mary Alice Ehrlich at 616.459.1560 or maehrlich@med1services.com.

Clinical Excellence: Comprehensive Safety Analysis 2010

*Preparing for
change -the
FMCSA
CSA2010 is
coming soon.*

For more information on what CMV drivers and DOT employers need to know, review MED's Summer issue of *Wellness at Work* available at www.med1services.com

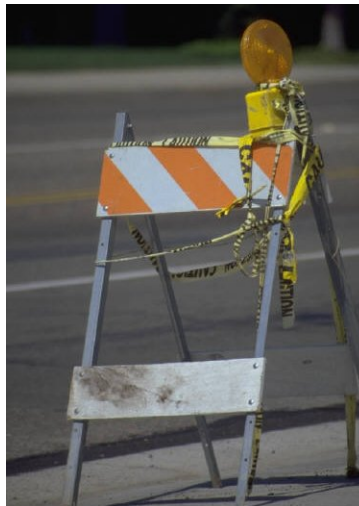
CSA 2010 is a Federal Motor Carrier Safety Administration (FMCSA) initiative to improve large truck and bus safety and ultimately reduce commercial motor vehicle (CMV)-related crashes, injuries, and fatalities. It introduces a new enforcement and compliance model that allows FMCSA and its state partners to contact a larger number of carriers earlier in order to address safety problems.

How Does CSA2010 Work?

CSA 2010 re-engineers the existing enforcement and compliance business process to provide a better view into how well large commercial motor vehicle (CMV) carriers and drivers are complying with safety rules, and to intervene earlier with those who are not. The three major components are:

1. Measurement of safety performance using inspection and crash results to identify carriers whose behaviors could reasonably lead to crashes.
2. Correction of high risk behavior by contacting more carriers and drivers, with interventions tailored to their specific safety problem, as well as a new safety fitness determination methodology.
3. Addressing the full range of safety issues – from how data is collected, evaluated, and shared to how enforcement officials can intervene most effectively and efficiently to improve safety on our roads.

CSA 2010 began with a thorough review of current compliance processes and resulted in the development of a new Safety Measurement



System (SMS). The SMS will use all roadside inspection and crash data, along with a new interventions toolbox, to deal efficiently and effectively with safety problems. In addition, the new model includes a proposed change to Safety Fitness Determination (SFD).

The expanded suite of intervention tools enables investigators to systematically evaluate why safety problems are occurring, to recommend remedies, to encourage corrective action(s), and, to invoke strong penalties.

What Is The Timeline?

In February 2008, FMCSA launched a field test of the CSA 2010 Operational Model in four states. In 2009, five more states were added to the test group. New interventions are being applied to all interstate and hazmat motor carriers domiciled in these States based on the test.

April 12 - November 30
Motor carriers can preview their own data including roadside inspections/violations and crash events organized by Behavior Analysis and Safety Improvement Category (BASIC).

Summer 2010

June 30th - The Operational Model Test ended.

July - Four test states partially applied the CSA 2010 Operation Model (Colorado, Georgia, Missouri, and New Jersey).

August

Motor carriers can see an assessment of their violations based on the new Carrier Safety Measurement System (CSMS).

Fall/Winter 2010

SafeStat replaces CSMS and is available to the public, including shippers and insurance companies.

FMCSA/States will prioritize enforcement using the CSMS and begin issuing Warning Letters to carriers with deficient BASICS.

Roadside inspectors will use the CSMS results to identify carriers for inspection.

2011

Safety Fitness Determination Notice of Proposed Rulemaking (NPRM) is scheduled for release.

Enforcement staff will be trained and new interventions will be implemented State-by-State.

This article is taken from full information available at - CSA2010.FMCSA.DOT.GOV

News You Can Use is a regular publication provided by MED-1 Occupational Health System and is designed to provide information on occupational health issues.

For more information on any topics presented, contact:

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www.med1services.com.



Occupational Health System

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Rechecks by Appointment

www.med1services.com

*Roadway
crashes are the
leading cause
of occupational
fatalities in
the U.S.*

Schedule Your Flu Vaccine Clinics Now and Save!

MED-1 is offering seasonal flu vaccine for our employer companies. This year's vaccine will include protection against H1N1 as well as two other viruses—H3N2 and influenza B.

MED-1 will administer flu vaccine immunizations at your company site for **\$25/injection and NO hourly fee.**

By offering on-site flu vaccinations, you can protect your employees and reduce absenteeism and loss of productivity for your company.

If you are interested in providing flu vaccines for your employees, please call us as soon as possible to schedule your on-site flu clinic.

To schedule your flu vaccine clinic, contact:

Debbie Parrish
Leonard & Breton
616.459.1562

Shanna Beltman
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616.494.8271

Preventing Work Related Roadway Accidents

As an employer, preventing work-related roadway crashes requires strategies that combine traffic safety principles and sound safety management practices. Unlike other workplaces, the roadway is not a closed environment. Employers can take steps to protect their employees and their companies by providing safety information; setting and enforcing driving safety policies; and, promoting safe driving behavior.



Policies

- ✓ Assign responsibility for setting up and enforcing comprehensive driver safety policies to a key member of your management;
- ✓ Enforce mandatory seat belt use;
- ✓ Do not require workers to drive irregular hours or far beyond their normal working hours;
- ✓ Do not require workers to conduct business on a cell phone while driving; and,
- ✓ Develop work schedules that allow employees to obey speed limits and to follow applicable hours-of-service regulations.

Safety Programs

- ✓ Teach workers strategies for recognizing and managing driver fatigue and in-vehicle distractions;
- ✓ Provide training to workers operating specialized motor vehicles or equipment; and,
- ✓ Emphasize with workers the need to follow safe driving practices on and off the job.

Driver Performance

- ✓ Ensure workers assigned to drive have valid licensing for their type of vehicle;
- ✓ Check driving records of prospective employees and perform periodic rechecks;
- ✓ Maintain complete and accurate records of workers' driving performance; and,
- ✓ Assess driving ability through regular physical exams.

For more information on roadway safety and prevention programs for your organization, visit www.cdc.gov/niosh and search on "Roadway Safety".

Or, contact Mary Alice Ehrlich at 616.459.1560 or maehrlich@med1services.com.