

CSA for Commercial Motor Vehicle Fleets

Notes

2. **Hours of service of drivers** — The limitations on driving hours, the requirement to be off-duty for certain periods of time, preparation of driver logs, and exceptions (Part 395). Training must also include fatigue countermeasures as a means to avoid crashes.
3. **Driver wellness** — Basic health maintenance including diet and exercise and the importance of avoiding excessive use of alcohol. According to the FMCSA, “Driver wellness topics could include stress, sleep apnea, how to maintain healthy blood cholesterol, blood pressure, and weight, as well as the importance of periodic health monitoring and testing, diet, and exercise. Many of these items could also be combined with the driver qualification training requirements that require a doctor to inquire about and test for numerous physical conditions. Driver wellness, however, should inform the driver what should be considered on a daily and monthly basis to maintain a healthy lifestyle. For example, in discussing topics about blood pressure, diet, and exercise, an employer may want to address the benefits of a healthy lifestyle, but also mention that the medical qualification requirements are written in terms of minimum standards for safe driving, including guidelines for blood pressure and diabetes mellitus.”
4. **Whistleblower protection** — The right of an employee to question the safety practices of an employer without the employee’s risk of losing a job or being subject to reprisals simply for stating a safety concern (29 CFR Part 1978).

The training and/or the certificate or diploma can be provided by the employer or other training provider. The certificate or diploma must be placed in the driver’s personnel file or Driver Qualification file, and it must be kept until one year after the driver leaves the company.

The certificate must contain:

- Date,
- Name and address of the training provider,
- Driver’s name,
- Certification statement, and
- Signature and printed name of the person attesting that the driver has received the required training.

Employers and driver training schools are not required to spend any specific amount of time on the training, because the length of training is not specified in the regulations. However, the FMCSA estimates that trainers will spend an average of 10 hours to train on the four topics, including 5.5 hours on driver qualifications and hours of service, 4 hours on driver wellness, and 30 minutes on whistleblower protections.