

M&M Cartage

Family-owned since 1972

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Happy Birthday!

Mike Nichols - 4/6
Randy Martin - 4/9
Mike Kelsey - 4/10
Charles Rucker - 4/11
Larry Wethington - 4/11
Andy Larrance - 4/12
Leonard Rogers - 4/16

Happy Anniversary!

Charles Rucker 4/7 - 10 years
Mark Goheen 4/9 - 12 years
Joe Brown 4/11 - 2 years
Andy Larrance 4/11 - 2 years
Jeremy Bye 4/12 - 3 years
Chandler Harper 4/12 - 3 years
Ronnie Hourigan 4/16 - 10 years
Don Jackson 4/17 - 1 year
Randy Roark 4/17 - 1 year
Tim Frierson 4/17 - 1 year

Clean Inspections!

Richard Limback - Level II - \$50



ATTENTION ALL DRIVERS AND CDL HOLDERS

If your DOT physical or CDL will be expiring before May 15, 2024, make arrangements now to renew! **Remember, you can now make an appointment with our onsite clinic for DOT Physicals!** Physicals need to be renewed 30 days in advance to allow time to get it updated with your state. If you have any questions call Paula at ext. 276. Please keep in mind you can sign up for a pre-DOT physical with the onsite clinic to make sure everything is in order. Thank you!

DISTRACTED DRIVING AWARENESS MONTH

Did you know that conversing on a cell phone while driving can cause your brain to miss up to half of your surroundings? Shockingly, research reveals that drivers engaged in phone conversations exhibit slower reaction times than those with a blood alcohol content of .08. This month, it's imperative for motor carriers to reinforce the hazards of distracted driving to their drivers and underscore the regulations enforced by the Federal Motor Carrier Safety Administration (FMCSA).

Under these regulations, Commercial Motor Vehicle (CMV) operators are forbidden from texting or using hand-held mobile phones while driving. Violations can lead to fines, disqualifications, and adverse impacts on a motor carrier's or driver's Safety Management System (SMS) results. The rules explicitly prohibit activities such as texting, reaching for, or holding a mobile phone while driving, as well as dialing by pressing more than one button. CMV drivers can only use a hands-free phone within reach. Essentially, the rule prohibits unsafe interactions with devices while driving.

Sanctions for breaches include civil penalties of up to \$2,750 for drivers and disqualification for repeat offenses. Motor carriers face penalties of up to \$11,000 for violations and will see their SMS results affected. This month, it's crucial to remind drivers of the dangers of distracted driving.

REMINDER TO ALL DRIVERS

Please do not leave any personal items in company trucks. M&M is not responsible for any lost or damaged personal items left in the trucks. Though you may have an assigned truck, we are a slip seat operation and things happen at a moments notice so all trucks need to be ready for any driver to get in and haul freight at any time. Thank you and drive safe.

UNIFORM PROGRAM

Have you used your annual uniform allowance? All drivers receive \$200 annually to purchase uniforms from our company apparel website. If you are unsure if you have used your allowance or have any questions regarding the uniform program, please contact Joey at ext. 266 or joey.hettel@mmcartage.com.

HOOR OF SERVICE VISOR CARDS



Adverse Driving Conditions Exception

Under the previous rule, drivers were granted an exception to the 10- or 11-hour driving limits when unforeseeable adverse driving conditions affected their route

HOS final rule changes:

- 1 Drivers can extend duty day and driving time by up to 2 hours when adverse driving conditions are encountered**
 - Up to 2 hour extension applies to both:
 - Property carrier 14-hour driving window (§ 395.3(a)(2))/11-hour driving limit and
 - Passenger carrier 15-hour on-duty limit (§ 395.5(a)(2))/10-hour driving limit
- 2 Adverse driving conditions definition** now considers the role of the driver



Adverse Driving Conditions Definition

Previous

Adverse driving conditions means snow, sleet, fog, or other adverse weather conditions, a highway covered with snow or ice, or unusual road and traffic conditions, **none of which were apparent on the basis of information known to the person dispatching the run at the time it was begun**

New

Adverse driving conditions means snow, ice, sleet, fog, or other adverse weather conditions or unusual road or traffic conditions **that were not known, or could not reasonably be known, to:**







a driver immediately prior to beginning the duty day or immediately before beginning driving after a qualifying rest break or sleeper berth period, or



a motor carrier immediately prior to dispatching the driver

Can drivers use the adverse driving conditions exception to cover delays caused by...

	Accidents involving the driver	No
	Detention time, breakdowns, or enforcement inspections	No
	Loading/unloading	No
	Road construction or detours	No, except when the driver could not reasonably know about the construction/detour prior to driving

Common Questions: Adverse Driving Conditions



Are there any restrictions on how often the adverse driving conditions exception can be used?



No. There is no limit provided the adverse driving conditions exception is used consistently with the definition in [§ 395.2](#).

Common Questions: Adverse Driving Conditions



Are drivers required to annotate an adverse driving condition they encountered on their electronic logging device (ELD)?



Yes. A driver is required to annotate the use of the adverse driving conditions exception on the electronic logging device under [§ 395.28\(c\)](#). If the roadside officer can prove there was no adverse driving condition, the driver should be cited for the applicable violation of [§ 395.3](#) or [§ 395.5](#).



30-Minute Break Requirement

HOS final rule changes:

- 30-consecutive-minute break is required after 8 **cumulative hours of driving** without at least a 30-minute break
- 30-minute break can be satisfied by:
 - ✓ Off-duty
 - ✓ Sleeper berth
 - ✓ On-duty not driving

Compliant 30-Minute Breaks

Break must be 30 consecutive minutes.
Drivers can use different non-driving statuses to add up to the 30 minutes.



10 minutes
Off-duty



20 minutes
On-duty,
not driving



30 consecutive
minutes
Break

Please contact a member of the safety department if you have any hours of service concerns or questions.
Drive safe!