



M-Tac Trucking Compliance - Winter 2024 Newsletter

JANUARY 2024 IN THIS ISSUE:

Introduction / Welcome

SMART System

Self Evaluation and Management plan for improving your carrier or your self.

2024 USDOT Random Drug Rates.

Upcoming Events

Upcoming Free Zoom / Virtual Training from M-Tac

Greetings to everyone as we enter 2024. I want to thank everyone I have had the pleasure of working with in the past 5 years. I retired from the NJ State Police on January 1, 2019, and immediately began my second career by founding M-Tac Trucking Compliance. My mission has always been to provide professional guidance and services to carriers who are regulated by the USDOT - Federal Motor Carriers Safety Administration (FMCSA). I want to continue to provide accurate and reliable information to ensure that the motor carriers and the drivers of commercial vehicles are safe and in compliance with the federal and state regulations.

Starting this year, M-Tac will be hosting free quarterly Virtual / Zoom Informational Training sessions. The first session will highlight the CSA SMS Safety Ratings and algorithms. See below for more information.

As you read the inaugural issue, if you think this information is pertinent, I welcome you to pass this information on to your staff and drivers. My goal is to keep you and your team informed of any changes in regulations and provide some information that may help you and your drivers improve your safety management.

Stay Safe

Brian A McGuire

SMART Method to Self-Improvement.

Regardless of your job title or position within your organization, everyone should strive to improve both personally and professionally. Take time to evaluate yourself to find areas that need to be addressed to help improve yourself. Many Philosophers and Self-help experts believe in the adage:

“The only person you should try to be better than is the person you were yesterday”.

This philosophy can be used in both your personal and professional lives. As a small business owner, I wholeheartedly believe in this philosophy. I strive to provide guidance and advice to my clients while continuing to expand my job knowledge and expertise. With that said, I rely on the **SMART** system. To be honest, I do not know who originated the **SMART** system. Many “experts” claim to have developed the program and I do not even recall when my first interaction with the process, but I found that when implemented properly, you will see results.

I have seen this acronym presented in several different versions, but below is the basic breakdown of the system.

- **Specific:** Specify what your goals are. Determine the who, what, where, when and why.
- **Measurable:** Develop criteria for measuring progress toward your business goals.
- **Achievable:** Create goals for your business that are attainable and achievable.
- **Relevant:** Align your goals with the overall objectives of your business .
- **Time-based:** Set an attainable timeline for completing and meeting your goals.



Below is a sample for the implementation of the SMART system regarding your carrier operations:

Specific: Set a specific goal.... Example: Lower your UNSAFE DRIVING BASIC score by 15 percentile points and have Zero Unsafe Driving violations. You may improve your CSA BASICS in UNSAFE DRIVING by reviewing and updating your Driver's Policy. Implementing and dispensing the policy to all drivers and staff members. Any violations of the policy will be addressed with training and/or disciplinary action.

Measurable: The CSA's UNSAFE DRIVING BASIC is a measurable standard that can be compared to past and present scores.

Achievable: Set goals that are attainable. Unrealistic goals will start you on a path of disappointment and failure. In this example it is not possible to improve 15 percentile points

in the CSA Scoring in a one month period. The algorithm / scoring system will not allow for a dramatic score improvement in the month; however, setting a goal of zero Unsafe Driving violations in one month is an achievable goal.

Relevant: Improving UNSAFE DRIVING is relevant to your company's goals.

Time-Based: Set an attainable timeline. Due to the scoring algorithm for UNSAFE DRIVING, it is not reasonable to improve your BASICs by 15 percentage points in one month; however, you may attain the goal of zero violations. You may set a goal of zero violations per month and a drop of 15 percentile points in by the end of next quarter, etc.

The most important process to consider is “**Achievable**”. You must create goals that are attainable and achievable. You must be sure your team has the skills and resources needed to attain the goal. Everyone wants “Zero” violations; however, in many cases this is not achievable. The goal is to be a better carrier today than the carrier you were yesterday.

The FMCSA releases the scores monthly for all 7 BASICs. I suggest that every company review the reports upon release every month. Conduct a periodic review (Monthly, Quarterly, Bi-Annually, etc) and determine where improvement needs to be made. Consult with your team, including drivers, and create and implement a SMART plan. You should include your drivers in most major policy making decisions. The drivers will usually be the biggest participant in the implementation of the SMART plan and you will need their compliance and participation or you will not see the required results.



FMCSA NEWS:

- **2024 UCR Fee Due:** January 1, 2024. If you have not paid the 2024 fee, you are overdue. Please login and pay at www.ucr.gov .
Reminder: you only pay for the CMVs that conduct INTERSTATE operations. If part of your fleet is INTRASTATE ONLY, you do not have to pay for the UCR fee for the intrastate vehicles.
- **2024 USDOT / FMCSA Random Testing Rates Released:**

2024 DOT Random Testing Rates		
The following chart outlines the annual <u>minimum</u> drug and alcohol random testing rates established within DOT Agencies for 2024.		
DOT Agency	2024 Random Drug Testing Rate	2024 Random Alcohol Testing Rate
Federal Motor Carrier Safety Administration [FMCSA]		
The random rates did not change for 2024. Because the random rates did not change, FMCSA is not required to publish a notice in the Federal Register. The rate last changed in 2020.	50%	10%



- **International Roadcheck:** May 14-16, 2024. FMCSA has not released the specific area of focus at this time.



International Roadcheck

International Roadcheck is an annual three-day event when CVSA-certified inspectors conduct compliance, enforcement and educational initiatives targeted at various elements of motor carrier, vehicle and driver safety.

International Roadcheck is the largest targeted enforcement program on commercial motor vehicles in the world, with nearly 15 trucks and motorcoaches inspected, on average, every minute across North America during a 72-hour period.

Since its inception in 1988, roadside inspections conducted during International Roadcheck have numbered more than 1.8 million. International Roadcheck also provides an opportunity to educate industry and the general public about the importance of safe commercial motor vehicle operations and the roadside inspection program.

CVSA sponsors International Roadcheck with participation by the Federal Motor Carrier Safety Administration, Pipeline and Hazardous Materials Safety Administration, Canadian Council of Motor Transport Administrators, Transport Canada, and Mexico's Ministry of Infrastructure, Communications and Transportation. The next International Roadcheck is scheduled for May 14-16, 2024.

Free ZOOM – Virtual Training

CSA SMS Safety Rating Scoring Algorithms

You will learn the basic CSA / SMS methods used by the USDOT/FMCSA. The 30-45 minute course will introduce you to systematic scoring processes the USDOT utilizes and how you can use these scores for developing safety policies and identifying breakdowns in your internal safety process.

Tuesday, January 30, 2024 10:30am-11:00am

Thursday, February 1, 2024 1:30pm – 2:00 pm

You are welcome to provide this information to your staff, friends and anyone you feel may benefit from this informational session. The Zoom invitation will be distributed in a separate email.

Zoom Link to follow
