



SAFETY MANAGEMENT COUNCIL

Meeting Minutes

Thursday, September 20, 2012

Embassy Suites John Q Hammons Convention Center – Rogers, AR

Call to Order

Introduction

Jason Wing of ABF Freight Systems, ATA-SMC Chairman, began with an introduction and welcomed everyone to the meeting.

Reading of the Minutes

- a. "The minutes from the last meeting were posted on the ATA website on the Safety Management Council page. Do I have a motion to waive the reading of those minutes and approve them as written?"

Self Introductions

Announcements:

2012/2012 ATA SMC Officer Ballot – Special Election, Secretary

Due: Friday, September 21st

Only members of the ATA SMC are eligible to vote. Please note, only one vote permitted per member company, so please coordinate your vote with fellow SMC members of your company.

NATMI Seminar: Workers' Compensation, Injury Prevention & Cost Control

Date: Tuesday, September 25th

Location: Little Rock - Arkansas Trucking Association, Suite 183

2012 Truck Convoy for Special Olympics

Date: Saturday, September 29th

Two Arkansas Locations: North Little Rock, AR and Springdale, AR

NATMI Seminar: CDM/E and CSM/E Fleet Maintenance Certification

Date: October 8-9

Location: Little Rock - Arkansas Trucking Association, Suite 183

NATMI Seminar: Safety and DOT Compliance

Date: October 23-24

Location: Little Rock - Arkansas Trucking Association, Suite 183

ATA Razorback Tailgate Party

Date: October 27th

Location: War Memorial Stadium

NATMI Seminar: OSHA Audit Readiness

Date: November 8th

Location: Little Rock - Arkansas Trucking Association, Suite 183

2013 Annual Business Conference and Vendor Showcase

Date: May 8-10, 2013

Location: Peabody Hotel – Little Rock, AR

2013 Arkansas Trucking Championships

Date: May 30 – June 1, 2013

Location: Embassy Suites and John Q. Hammons Convention Center

**Information regarding the events mentioned can be found on each of the tables and on the ATA webpage.

Next SMC Meeting

November 8th – Little Rock, AR

Presentation**Topic – Sleep Apnea**

Dr. Alan Lankford addressed the medical aspects of the condition, including the physiological causes, diagnostic methods and impact on driver attention. Jill Glenn addressed the types of screening programs available, as well as sleep apnea testing and compliance programs. Additionally, Mr. Greg Jones discussed the legal liability issues for motor carriers and means of responding to tactics attorneys employ against trucking companies and their personnel where sleep apnea-related fatigue is alleged. More details regarding the topics that were discussed are listed below.

- Definition of Obstructive Sleep Apnea (OSA) – occurs when the upper airway repeatedly collapses during sleep, causing cessation of breathing (apnea) or inadequate breathing (hypopnea) and sleep fragmentation.
- Key Signs/Symptoms of OSA
 - Excessive daytime sleepiness
 - Loud Snoring
 - Pauses in breathing at night
 - Waking up gasping or choking
 - Witnessed snoring or pauses in breathing
 - High BP
- What Legal Could State
 - “Drowsiness” is the last step before falling asleep, not the first.

- Facts
 - 28% of Truckers are considered at risk for OSA
 - Fatigue is a contributing factor in up to 35% of motor vehicle crashes.
- Potential Health Consequences if Untreated
 - Short-Term
 - Automotive Accidents
 - Excessive sleepiness
 - Decreased quality of life
 - Neurocognitive and performance deficits
 - Long-Term
 - Hypertension
 - Heart disease
 - Heart attack
 - Arrhythmias
 - Stroke
 - Impaired glucose tolerance
- Three of the Top Healthcare Expenditures within the Trucking Industry
 - Hypertension
 - Diabetes
 - Cardiovascular Disease
- The link between OSA and Hypertension
- Diagnosis of Sleep Apnea
 - Physical Exam and history
 - Asking questions about sleep or symptoms that may occur during the day, indicating a problem with sleep
 - Diagnosed by having a polysomnogram or ambulatory sleep study performed during the patient’s normal sleep time.
 - Signs and symptoms are poor predictors of disease severity
- What is a sleep study?
 - Painless study that is done in an ambulatory or laboratory setting to monitor patient’s sleep and breathing patterns.
- Treatment Options
- PAP Therapy for Patients with OSA
 - CPAP
 - Bi-level therapy
 - Auto titration therapy
- Effects of Sleepiness and Fatigue
 - Impaired reaction time, judgment and vision
 - Problems with information processing and short-term memory
 - Decreased performance, vigilance and motivation.
 - Increased moodiness and aggressive behaviors
- Reference Disclaimers located on FMCSA Webpage
- What should a sleep program contain?
 - Screening
 - Testing

- Diagnosis by Physician
 - Treatment Testing or Apap Titration
 - Treatment Device for Drivers to Use
 - Compliance Data
- Solutions for Fleets
- Referral for Diagnosis
- Method of Diagnosis and Treatment
 - In-Laboratory Testing
 - At home polysomnography – with Chain of Custody
 - All individuals with OSA should be referred to a clinician with relevant expertise.
 - Adequate PAP pressure should be established an auto-titration system.
- Disqualification and Denied Certification
 - Reporting excessive sleepiness during the major wake period while driving OR
 - Experienced a crash while falling asleep OR
 - Experienced a single-vehicle crash OR
 - Have been found non-compliant in treatment

Meeting Adjourned