

**Transportation
Safety**

**Training
ADVISOR**



January 2026

Slips, trips, and falls

Help keep your drivers' feet on the ground!

**Operation Safe Driver Week
2025 results**

**FMCSA extends use of paper
medical cards**

Is there a Level I checklist?

Information and resources to help your drivers operate safely

In This Issue

Training Blueprint3

Make sure your drivers keep their eyes on the road and their feet on the ground.

Training Handout4

Tips to help your drivers reduce workplace injuries due to falls from the truck or trailer.

Test Your Knowledge5

Put your drivers to the test with this short quiz on slips, trips, and falls.

Operation Safe Driver Week 2025 results6

Officers across North America issued warnings and tickets to 6,079 unsafe drivers.

FMCSA extends waiver to allow CDL/CLP driver use of paper medical cards7

Paper medical cards have been extended through January 2026.

Expert Help7

Is there a checklist the DOT uses when they do a Level I roadside inspection?



MESSAGE FROM THE EDITOR

Slipping and tripping and falling — Oh my!

Slips, trips, and falls are a major threat to driver safety. While most understand the risk of walking across a slippery surface covered in snow, ice, or water, some forget about the threat of injury associated with uneven walking surfaces.



A dangerous and uneven surface can instantly throw a driver off balance and send them hurtling to the ground, sort of like Dorothy's house falling from the sky in the Wizard of Oz! The long-term effects of a serious fall may be more severe than expected (anything from a simple bruise to a crushed limb or traumatic head injury), and you can't just wave a magic wand to make it all better.

Since uneven surfaces are often forgotten threats, it's important to remind your drivers to be aware of their surroundings. Drivers should always survey the path in front of them — whether it's a yellow brick road or not, the path should be smooth.

By practicing good balance, keeping a watchful eye out, and wearing appropriate footwear — no red slippers! — drivers can put their best treaded foot forward to avoid slips, trips, and falls.

Common uneven surfaces to look out for can include:

- Missing floor tiles and boards,
- Sloped walking surfaces,
- Bunched up floor mats,
- Gravel walkways,
- Damaged steps and ladders,
- Transitions between floor types,
- Electrical cables and cords on the ground,
- Cluttered walkways, and
- Construction plates and other metal surfaces.

Staying safe at work means getting home safely, because as we all know, there's no place like home. ♦



Lucero Truskowski

Lucero Truskowski joined J. J. Keller & Associates, Inc. as an Associate Editor in 2022. Lucero edits, writes, and researches content on a variety of topics, including transportation, human resources, and driver training. She holds a Master of Science (MS) in Professional Writing from New York University.



TRAINING BLUEPRINT — SLIPS, TRIPS, AND FALLS

Remember to keep your feet on the ground

While many may think the biggest safety risk for drivers might be a crash or on-road accident, many injuries are actually the result of everyday activities. Provide your drivers with a few simple tricks to help reduce workplace injuries.

Slips, trips, and falls can happen at many points throughout a driver's day, including when:

- Getting in and out of the cab,
- Checking the load,
- At the shipper and receiver, and
- Climbing up and dismounting the vehicle.

As well as being painful and potentially embarrassing, a slip, trip, or fall can be costly for both the driver and the motor carrier. Something as simple as missing a step or walking across a wet warehouse floor can cause an accident. These accidents can mean a loss in working hours and income for the driver and a loss in productivity and profit for the motor carrier.

TIP: Teach drivers that they're not immune to slips, trips, and falls. Remind them of which common incidents can cause driver injuries.

The basics: Slips, trips, and falls

Slips occur when there's a loss of traction between your footwear and the walking surface. Advise your drivers to avoid slips by:

- Taking short steps and pointing their toes slightly outward when on slippery surfaces.
- Being extra cautious on smooth surfaces.
- Wearing appropriate footwear with good tread.
- Cleaning up or reporting spills right away.

Trips occur whenever your foot hits an object while you're moving with enough momentum to be thrown off balance. Advise your drivers to avoid trips by:

- Making sure they can see where they're walking and not carrying loads they can't see over.
- Keeping walking and working areas well lit.
- Keeping the work area clean and tidy.
- Properly maintaining walking areas and alerting the appropriate authorities to address maintenance-related hazards.

Falls occur when you lose both your footing and your center of balance. Advise your drivers to avoid falls by:

- Never jumping off landings or loading docks.
- Repairing or replacing stairs and handrails that are loose or broken.
- Keeping passageways well-lit and clear of clutter.

TIP: Give drivers a short checklist of ways to avoid slips, trips, and falls while on the road to help them remember the best ways to stay safe.

3 is the magic number

The three points of contact rule is one of the most fundamental techniques used to prevent accidents.

The rule is simple — keep three of your four limbs in contact with the vehicle at all times. This can be two feet and one hand, or two hands and one foot. The contact can be broken as soon as you reach your destination (such as the ground or the cab).

Consider the following steps as a simple example of using the three point of contact rule to enter a vehicle:

1. Grasp the vehicle's handles with both hands.
2. Keep the weight of one foot on the ground while climbing onto the vehicle with the other foot.
3. Make sure both feet are planted firmly on the vehicle before moving either hand.
4. Reposition one hand at a time as necessary.
5. Lift one foot at a time into the vehicle, grasping the handles firmly with both hands until your body is safely seated inside the vehicle. ♦

TIP: Three points of contact is a proven technique in preventing dangerous accidents. Drivers should remember it whenever they're maneuvering around their vehicle.





TRAINING HANDOUT — SLIPS, TRIPS, AND FALLS

Play it safe

Use these tips to help reduce workplace injuries due to falls from the truck or trailer:

- Don't rush, descend slowly. If you've been sitting for a long time, rushing could result in a strain.

- Survey the ground below for potential obstacles before exiting the vehicle.

- Never jump from the cab or trailer. Descend carefully using the appropriate handles to get down safely.

- Exit the cab while facing the vehicle to keep a good grip on the handholds and to easily use the steps.

- Never climb down while holding anything. Place any handheld items in a safe place until standing on the ground.

- Never use a tire or a wheel hub as a foothold and wear the right footwear for traction. ♦



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TEST YOUR KNOWLEDGE — SLIPS, TRIPS, AND FALLS

1. When exiting the truck, how many limbs should you always keep in contact with the vehicle?
 - A. 1
 - B. 2
 - C. 3
 - D. 4

2. You should hold items in your left hand and hold the handle with your right hand when exiting the vehicle.
 - A. True
 - B. False

3. Which types of obstacles are most likely to be slippery and dangerous?
 - A. Ice
 - B. Oil
 - C. Water
 - D. All of the above

4. Drivers spend most of their time seated and aren't at risk of slips, trips, and falls.
 - A. True
 - B. False

5. Common uneven surfaces to look out for include:
 - A. Bunched up floor mats
 - B. A newly paved sidewalk
 - C. Sloped walking surfaces
 - D. Both A and C ♦

NAME: _____ **DATE:** _____

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Operation Safe Driver Week 2025 results

The top infraction for Operation Safe Driver Week 2025 was speeding, with officers issuing over 1,500 citations/tickets to commercial drivers.

This year’s Commercial Vehicle Safety Alliance (CVSA) event ran from July 13–19, 2025, focusing on unsafe driving behaviors. CVSA schedules this 7-day safe-driving awareness campaign every year to educate drivers and create safer roadways across Canada, the U.S., and Mexico.

Operation Safe Driver Week results

During the July event, officers across North America issued warnings and tickets to 6,079 unsafe drivers, targeting commercial and passenger vehicles alike (both commercial motor vehicle [CMV] and non-CMV drivers).

Of the 8,739 vehicles inspected, this year’s officers issued CMV drivers:

- 3,230 warnings, and
- 1,839 tickets/citations.

Non-CMV drivers received:

- 345 warnings, and
- 665 tickets/citations.

Citation stats

The top infractions of Operation Safe Driver Week 2025 were speeding, failure to wear a seatbelt, texting or using a handheld device, reckless/careless/inattentive driving, and possession/use/under the influence of drugs/alcohol.

Top Warnings, Citations, and Tickets Issued to CMV Drivers	
Offense	Total # of Warnings, Citations, and Tickets
Speeding	1,564
Failure to wear a seatbelt	452
Texting/using a handheld device	186
Reckless, careless, inattentive driving	59
Possession/use/under the influence of drugs/alcohol	36

Speeding

For speeding, CMV drivers received 1,073 warnings and 491 tickets/citations. Officers issued drivers of passenger vehicles 176 warnings and 416 citations/tickets for speed-related infractions.

Failure to wear a seatbelt

CMV drivers received a total of 204 warnings and 248 tickets/citations for not wearing a seatbelt. Alternatively, drivers of passenger vehicles received 15 warnings and 16 tickets and citations for failure to wear a seatbelt.

Texting or using a handheld device

Officers issued CMV drivers 107 warnings and 79 tickets/citations for texting or using a handheld device while operating a CMV. Drivers of passenger vehicles were issued 22 warnings and 37 tickets/citations for the same infraction.



Reckless, careless, inattentive driving

For the focus area on reckless, careless, and/or inattentive driving, CMV drivers received 12 citations and 47 warnings, while passenger vehicle drivers received 8 citations and 6 warnings. Reckless, careless, and/or inattentive driving means driving without appropriate care or attention for others on the road.

Possession/use/under the influence of drugs/alcohol

Officers issued CMV drivers 14 warnings and 22 tickets/citations for possession/use/under the influence of drugs/alcohol while operating a CMV. Drivers of passenger vehicles were issued 4 warnings and 5 tickets/citations for the same infraction. ♦

FMCSA extends waiver to allow CDL/CLP driver use of paper medical cards

Effective Monday October 13, 2025, through January 10, 2026, the Federal Motor Carrier Safety Administration (FMCSA) waiver extension allows a paper copy of the medical examiner's certificate (MEC) to be carried by commercial driver's license/commercial learner's permit (CDL/CLP) drivers for up to **60 days after issue**. The previous waiver, effective from August 21 through October 12, allowed the paper copy to be carried by drivers for 60 days as well.

Carriers can also use the certificate in the DQ file. However, the certificate must be replaced by a motor vehicle record (MVR) with updated medical certification information within 60 days after the exam.

The FMCSA made this update to give carriers and drivers more support while medical examiners transition to the secure electronic transmission to medical certification data update. The FMCSA decided drivers shouldn't be punished for delays that may occur while medical examiners and State Driver's Licensing Agencies transition to the new system.

The agency recommends that certified medical examiners continue to issue paper MECs as well as submit examination results electronically, until further notice. ♦



Answers to quiz on page 5:

1.) C 2.) B 3.) D 4.) B 5.) D ♦



Next Month's Topic: Cargo Securement

Proper cargo securement is a make-or-break hazard situation — sometimes literally. Failing to properly secure a load can result in citations, fines, accidents, damages, and even loss of life. It's a professional driver's job to safely and efficiently transport cargo to the customer damage-free and on time. ♦

Expert Help: Question of the Month

Question: Is there a checklist the DOT uses when they do a Level I roadside inspection?

Answer: Level I inspections include a 37-step process that checks the driver's credentials and the vehicle's components. The first 5 steps the inspector must follow include:

1. Choosing the inspection site,
2. Approaching the vehicle,
3. Greeting and preparing the driver,
4. Interviewing the driver, and
5. Collecting the driver's documents.



You can find the full "checklist" of the roadside inspection process on CVSA's website, along with the procedures for all of the levels of inspection: <https://cvsa.org/inspections/inspection-procedures/>

These procedures can be viewed as the "checklist" the officer will use during the inspection and can also be used by a company to prepare drivers for roadside inspections or as a model when developing in-house mock roadside inspections.

If you want to learn more about roadside inspections, CVSA offers inspector training to safety people in the industry. The list of upcoming courses is found at: <https://cvsa.org/training-type/industry-training/> ♦

Expert Help

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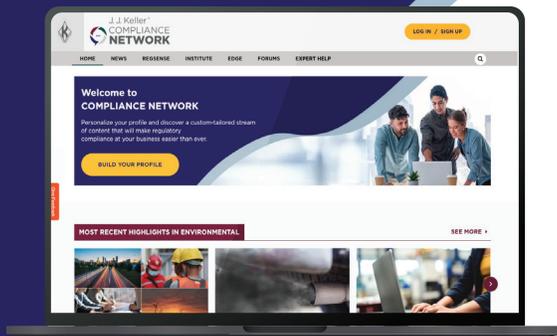
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