

SPECIAL GUIDEBOOK

How to

TAKE THE STRESS

Out of getting your

DOT MEDICAL CARD

What you must know before you get to
your DOT Physical appointment

BY TRUCKER DOCS™

This is not a free guidebook!

The list price of this guidebook is \$15.00. You have been given one complimentary copy for your personal use. You may keep one copy on your computer, and you may print one copy.

**Trucker Docs™ has written this guidebook
To help you prepare for your
DOT Physical Examination appointment**

**So you can get your DOT Medical Certificate
With as few hassles as possible
With 'no surprises' during the physical examination.**

**For more information visit
<http://DOTPhysicalDoctor.com>**

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**How To Take The Stress Out Of Getting
Your DOT Medical Certificate
V1.0**

The information in this guidebook is for general educational purposes only and should not be construed as medical advice or instruction. The information provided should not serve as a substitute for professional medical care. Please see a qualified medical provider if you have any concerns about your state of health.

G'Day Driver!

There are certain things in life that are just unavoidable, like... “When You Gotta Go, You Gotta Go!”

As a commercial driver...

Getting through a DOT Physical is just one of those unavoidable things.

So Trucker Docs™ has made...

How To Take The Stress Out Of Getting Your DOT Medical Certificate

As short and clear as possible, and given you the information you need to:

- ✓ **Prepare to get your medical certificate** with as few hassles as possible
- ✓ **Tell you what you need before** you get to your appointment
- ✓ **Tell you what you need to know** so there are “no surprises” during the physical examination
- ✓ **Help you find a doctor that’s a Certified Medical Examiner** in a location that’s convenient for you

When you prepare for everything we’ve outlined here for you, then it’ll just be a matter of you and a certified medical examiner getting together at the appointment and checking through each item on the Medical Examination Report (Long Form).

If you meet all the standards and requirements, you should be done with the examination and set with your Medical Certificate in about 30 to 45 minutes.

Here’s what you need, so you and the examining doctor can be on the same page...

The Medical Examiner's Role

FMCSA Mission Statement:

“ The Federal Motor Carrier Safety Administration is focused on reducing crashes, injuries and fatalities involving large trucks and buses. ”

The Medical Examiner's role is to determine if a CMV driver's health meets FMCSA standards. The physical exam is considered a “Medical Fitness for Duty” exam for the demands of the job required of any commercial driver, not just the driver's current job duties.

Everything the medical examiner is required to do, in performing the DOT Physical exam, revolves around the FMCSA mission statement. The medical examiner has a fundamental obligation to establish whether the driver has a disease, disorder or injury resulting in a higher than acceptable likelihood for gradual or sudden incapacitation or sudden death, thus endangering public safety.

The examining doctor has these two questions foremost in mind when conducting the physical exam:

1. Can the driver safely meet the physical and mental demands of the job today, and for the period for which the medical card will be issued?
2. Does the driver have any past or current medical conditions, which may impact the ability to meet the demands of the job now or in the future?

Based on the findings during the medical examination, the doctor may decide to:

- Certify the driver for two years
- Certify the driver, with a time limit
- Temporarily disqualify the driver due to condition or medication
- Disqualify the driver

Demands Of The Job

The best way to understand the DOT Physical Examination is to relate it to the demands of your job as a commercial driver.

- **Sight**
- **Hearing**
- **Operate The Vehicle**
- **Sustained Cognition and Mental Stability**
- **Stay In Control**
- **Physical Endurance**

Sight

Demands of the job:

Traffic and road environment. What's in front of you, around you, behind you.
Use of side mirrors and backing up. Safety inspection of the vehicle, tractor, trailer, cargo.

Reasons for crashes:

Inattention, misjudgment.

What the medical examiner checks for:

Distance Vision

Has a distant visual acuity of at least 20/40 (Snellen) with or without corrective lenses:

- In both eyes
- In the right eye
- In the left eye

Contact lenses are permissible if there is sufficient evidence to indicate that the driver has good tolerance and is well adapted to their use.

Monovision is a disqualification. Use of a contact lens in one eye for distant visual acuity and another lens in the other eye for near vision is not acceptable, nor are telescopic lenses acceptable for driving commercial motor vehicles. Exemption: A driver with monocular vision may be able to get a Federal Vision Exemption Certificate, if medically fit for duty in all other categories of the physical exam.

Horizontal Field of Vision

Has a field of vision of at least 70 degrees peripheral in the horizontal meridian, in each eye.

Color Distinction

Has the ability to recognize and distinguish among the colors of traffic control signals and devices showing standard red, green, and amber.

Cervical Range of Motion

Has sufficient neck mobility to be able to perform necessary driving tasks.

If the driver meets the criteria by the use of glasses or contact lenses, the medical certificate will note: "Qualified only if wearing corrective lenses."

In this case, the driver must wear glasses or contact lenses at all times while driving. Also, the driver must be in possession of a spare set of corrective lenses.

Hearing

Demands of the job:

Traffic and road environment. Truck environment - interpret changes in vehicle performance and safety. Communication.

Reasons for crashes:

Inattention, misjudgment.

What the medical examiner checks for:

That the driver can perceive a forced whispered voice in one ear, the better ear, at not less than five feet with or without the use of a hearing aid.

If the driver fails the whisper test, the medical examiner will refer the driver to have an audiometry test. The driver must pass an audiometer test before the medical certificate can be considered.

If the driver meets the hearing test by the use of a hearing aid, the medical certificate will note: "Qualified only when wearing a hearing aid."

In this case, the driver must wear that hearing aid and have it in operation at all times while driving. Also, the driver must be in possession of a spare power source for the hearing aid while driving.

Operate

Demands of the job:

Dashboard controls. Steering. Shift gears. Acceleration, deceleration. Braking.

Reasons for crashes:

Under-compensation, over-compensation, weakness or fatigue, loss of control.

What the medical examiner checks for:

Loss or impairment of leg, foot, toe, arm, hand, finger.

Upper and lower extremities:

- Muscle testing
- Reflex testing
- Sensory testing

Adequate reach.

Touch sensation in hands and fingers.

Grasping, holding, power grasping.

Coordinated leg/foot and arm/hand movements, and pedal pulses.

Exceptions: The SPE Certification Program (formerly the Limb Waiver Program) was designed to allow persons with the loss of a foot or limb or with functional impairment to qualify under the Federal Motor Carrier Safety Regulations (FMCSRs) by use of prosthetic devices or equipment modifications, which enable them to safely operate a commercial motor vehicle. The driver must have a current SPE certificate for his/her physical disability, in order to be considered for DOT medical certification.

In this case the medical certificate will note: "Qualified only if accompanied by a SPE certificate". The driver must carry a current SPE certificate at all times while driving.

Sustained Cognition and Mental Stability

Demands of the job:

Sustained mental alertness. Plan, problem solve, maneuver in difficult situations. Keep your cool. Make responsible decisions. Make quick decisions. Make clear decisions. Stay awake. Communicate effectively.

Reasons for crashes:

Inattention, distraction, aggression, upset, poor decision making, under stress, under work pressure, misjudgment, fatigue, falling asleep, alcohol use, prescription medication use, over-the-counter medication use, illegal substance use.

What the medical examiner checks for:

Cognition and Mental Stability

Basic alertness, decision making, ongoing communication.
Signs of aggression, stress, anger, depression.

Possibility of Sleep During Driving

The severity and frequency of daytime sleepiness (EDS).
Sleep disorders, pauses in breathing while asleep, loud snoring, probable sleep apnea.

Medications

- Any anti-seizure medication is disqualifying
- Methadone use is disqualifying.

Prescription and Over-the-Counter medication use, is further described in the next section.

Alcohol Use Problem

If a driver shows signs of an alcohol use problem, the driver may be considered for certification, only after counseling and/or treatment.

Illegal Substance Use

Illegal substance use is disqualifying. Drivers taking medical marijuana cannot be certified even if they have a legal prescription.

Drug Alcohol Testing

Note: Drug alcohol testing is NOT part of a DOT Physical Examination. However, your Company may request to have drug alcohol testing done at the same time as you do your DOT Physical. Not all Certified Medical Examiners have a drug alcohol testing service.

Stay In Control

Demands of the job:

Maintain all physical and mental faculties to keep the vehicle safely on the road, and/or get the vehicle safely off the road.

Reasons for crashes:

Illness causing physical impairment, illness causing sudden incapacitation, alcohol use, prescription medication use, over-the-counter medication use, illegal substance use.

This part of the physical exam relates to the Health History section of the Medical Examination Report (long form), which is further explained later in this document.

What the medical examiner checks for:

Medical Conditions that pose a risk to the driver and to public safety:

The medical examiner must evaluate whether an underlying medical condition is a risk for incapacitation.

- Can the driver stop the vehicle safely before becoming incapacitated?
- Is the onset of incapacitation symptoms so rapid as to interfere with safe driving?
- Is the onset so gradual that the driver is unaware of diminished capabilities, thus adversely impacting safe driving?

The medical examiner is not diagnosing or treating medical conditions, but is considering the safety risks posed by medical conditions.

If the medical examiner suspects an undiagnosed or worsening medical problem that poses a risk to public safety, you will need to see a primary care physician or specialist for further evaluation before you can be considered for DOT medical certification.

Medications - Prescription, Over-the-counter, Supplements:

- The medical examiner will review each medication to determine if it may adversely affect the driver's ability to safely operate a CMV.
- Certain medications disqualify a CMV driver. Exception: If the driver brings a letter from the prescribing doctor stating that the driver is safe to be a commercial driver while taking the medication.

What the medical examiner checks for:

Blood Pressure / Pulse Rate

Take at least two readings to confirm blood pressure.

The driver is qualified if blood pressure is less than 140/90.

If blood pressure is greater than 139/89, the medical examiner will take another measurement later during the exam, to confirm.

Check pulse rate and pulse rhythm.

Physical Examination - Abnormalities

- General appearance - marked overweight, tremor, signs of alcoholism, problem drinking, or drug abuse.
- Eyes - any eye disorders or treatment. Cataracts, aphakia, glaucoma, retinopathy, macular degeneration.
- Ears - scarring of tympanic membrane, occlusion of external canal, perforated eardrums.
- Mouth and throat - any interference with breathing or swallowing.
- Heart - murmurs, extra sounds, enlarged heart, pacemaker, implantable defibrillator.
- Lungs and chest - abnormal chest wall expansion, respiratory rate, abnormal breath sounds, impaired respiratory function, cyanosis.
- Abdomen - enlarged liver, enlarged spleen, masses, bruits, abdominal wall muscle weakness.
- Vascular - abnormal pulse and amplitude, carotid or arterial bruits, varicose veins.
- Genito-urinary system - hernias.
- Neurological - impaired equilibrium, coordination or speech pattern, asymmetric deep tendon reflexes, sensory or positional abnormalities, abnormal reflexes, ataxia.

Urinalysis

The driver is to provide a small urine specimen, during the exam, which will be tested for:

- Specific Gravity
- Protein
- Blood
- Glucose

Depending on the amounts detected, they may indicate a need for further testing to rule out any underlying medical problem, which will determine the medical examiner's decision to certify.

Physical Endurance

Demands of the job:

Sitting for long periods of time. Steering for long periods of time. Climbing in and out of the cab. Climbing ladders. Loading, securing, and unloading. Coupling and uncoupling of trailers. Tarping. Chaining. Safety inspection of the vehicle, tractor, trailer, cargo.

Reasons for personal injury:

Spraining, straining, falling, repetitive strain injuries.

Reasons for crashes:

Missed safety hazards, equipment breakdown (tires, brakes, lights).

What the medical examiner checks for:

Spine and musculoskeletal - surgeries, deformities, limitation of motion, tenderness.

- Full overhead extension of arms
- Hip and knee flexion
- Ability to bend and stoop
- Ability to squat
- Ability to maintain a crouching position
- Ability to lift your own weight
- Grip strength
- Upper body strength
- Lower body strength
- Range of motion

No Surprises! What You Need To Get It Done Right, First Time

What you need to know before you go to the appointment.
Then, get in and get 'er done!

What You Need To Bring To The Physical Exam Appointment

Everyone needs to bring:

- ✓ State-issued photo ID. Best option is your driver's license.
- ✓ A need to 'pee'!
(Strange as it may seem, we've added this item because drivers arrive at appointments after they've just been to the bathroom. It's frustrating for both driver and doctor when you can't muster up a urine sample for the urinalysis, and you have to extend the time of your visit, drinking water, until you can 'go'.)

If you answer 'Yes' to any of the following...

You also need to bring:

- Do you need to wear contact lenses or glasses while doing your job?
Bring glasses. Bring contact lenses if you wear them.
- Do you need to use a hearing aid?
Bring a working hearing aid.
- Do you have a Waiver, SPE, or an Exemption for vision or diabetes?
Bring the Federal Waiver, SPE Certificate, or Exemption Certificate.
- Do you now have, or have you had, any illness or injury treated by a primary care physician?
Bring "Medical Release" documentation from that physician.
(This requirement is further explained in the next section)

Information You Need To Bring About Your Health History

The first thing you will do at your DOT Physical appointment is complete the section on the Medical Examination Report (long form) for Driver's Information and Health History.

Here is a copy of the Health History section of the long form, to refer to.

**Medical Examination Report
FOR COMMERCIAL DRIVER FITNESS DETERMINATION**

649-F (6045)

1. DRIVER'S INFORMATION Driver completes this section		Date of Exam	
Driver's Name (Last, First, Middle)	Social Security No.	Age	New Certification <input type="checkbox"/> Recertification <input type="checkbox"/> Follow-up <input type="checkbox"/>
City, State, Zip Code	Work Tel: ()	Sex <input type="checkbox"/> M <input type="checkbox"/> F	License Class <input type="checkbox"/> A <input type="checkbox"/> C <input type="checkbox"/> B <input type="checkbox"/> D <input type="checkbox"/> Other
Address	Home Tel: ()	Driver License No.	State of Issue
2. HEALTH HISTORY Driver completes this section, but medical examiner is encouraged to discuss with driver.			
Yes No <input type="checkbox"/> <input type="checkbox"/> Any illness or injury in the last 5 years? <input type="checkbox"/> <input type="checkbox"/> Head/Brain injuries, disorders or illnesses <input type="checkbox"/> <input type="checkbox"/> Seizures, epilepsy <input type="checkbox"/> medication <input type="checkbox"/> <input type="checkbox"/> Eye disorders or impaired vision (except corrective lenses) <input type="checkbox"/> <input type="checkbox"/> Ear disorders, loss of hearing or balance <input type="checkbox"/> <input type="checkbox"/> Heart disease or heart attack, other cardiovascular condition <input type="checkbox"/> medication <input type="checkbox"/> <input type="checkbox"/> Heart surgery (valve replacement/bypass, angioplasty, pacemaker) <input type="checkbox"/> medication <input type="checkbox"/> <input type="checkbox"/> High blood pressure <input type="checkbox"/> <input type="checkbox"/> Muscular disease <input type="checkbox"/> <input type="checkbox"/> Shortness of breath	Yes No <input type="checkbox"/> <input type="checkbox"/> Lung disease, emphysema, asthma, chronic bronchitis <input type="checkbox"/> <input type="checkbox"/> Kidney disease, dialysis <input type="checkbox"/> <input type="checkbox"/> Liver disease <input type="checkbox"/> <input type="checkbox"/> Digestive problems <input type="checkbox"/> <input type="checkbox"/> Diabetes or elevated blood sugar controlled by: <input type="checkbox"/> <input type="checkbox"/> diet <input type="checkbox"/> pills <input type="checkbox"/> <input type="checkbox"/> insulin <input type="checkbox"/> <input type="checkbox"/> Nervous or psychiatric disorders, e.g., severe depression <input type="checkbox"/> medication <input type="checkbox"/> <input type="checkbox"/> Loss of, or altered consciousness	Yes No <input type="checkbox"/> <input type="checkbox"/> Fainting, dizziness <input type="checkbox"/> <input type="checkbox"/> Sleep disorders, pauses in breathing while asleep, daytime sleepiness, loud snoring <input type="checkbox"/> <input type="checkbox"/> Stroke or paralysis <input type="checkbox"/> <input type="checkbox"/> Missing or impaired hand, arm, foot, leg, finger, toe <input type="checkbox"/> <input type="checkbox"/> Spinal injury or disease <input type="checkbox"/> <input type="checkbox"/> Chronic low back pain <input type="checkbox"/> <input type="checkbox"/> Regular, frequent alcohol use <input type="checkbox"/> <input type="checkbox"/> Narcotic or habit-forming drug use	
For any YES answer, indicate onset date, diagnosis, treating physician's name and address, and any current limitation. List all medications (including over-the-counter medications) used regularly or recently.			
_____ _____ _____			

I certify that the above information is complete and true. I understand that inaccurate, false or missing information may invalidate the examination and my Medical Examiner's Certificate.

Driver's Signature _____ Date _____

Health History

Bring INFORMATION / DOCUMENTATION
For The Following Medical Conditions:

- Illness or injury within the last 5 years
- Head/Brain injuries, disorders or illnesses
- Seizures, epilepsy
- Eye disorders or impaired vision (except corrective lenses)
- Ear disorders, loss of hearing or balance
- Heart disease or heart attack; other cardiovascular condition
- Heart surgery (valve replacement/bypass, angioplasty, pacemaker)
- High blood pressure
- Muscular disease
- Shortness of breath
- Lung disease, emphysema, asthma, chronic bronchitis
- Kidney disease, dialysis
- Liver disease
- Digestive problems
- Diabetes or elevated blood sugar controlled by diet or pills or insulin
- Nervous or psychiatric disorders e.g. severe depression
- Loss of, or altered consciousness
- Fainting, dizziness
- Sleep disorders, pauses in breathing while asleep, daytime sleepiness, loud snoring
- Stroke or paralysis
- Missing or impaired hand, arm, foot, leg, finger, toe
- Spinal injury or disease
- Chronic low back pain
- Regular, frequent alcohol use
- Narcotic or habit forming drug use

If you answer 'Yes' to any of the above conditions you need to bring the following INFORMATION with you:

- What is/was the illness or injury? (Diagnosis)
- When did the illness or injury occur? (Onset date)
- Where/by whom was it treated? (Physician's name and address)
- Any current limitations? (Related to job duties)
- List all medications (including over-the-counter medications and supplements) used regularly or recently.

Health History

If you answered ‘Yes’ to any of the above **Health Conditions**, and those conditions were such that the risk of incapacitation was/is likely, you also need to bring the following DOCUMENTATION with you:

A “Medical Release Opinion” letter from your treating physician stating:

- Patient’s name and date of birth
- Date of last office visit
- Diagnosis, and date of onset of condition
- Course of treatment
- Medications - Prescription, Over-the-counter, Supplements
- How treatment has shown to be adequate, effective, and safe
- Is the condition stable for the patient to return to work as a commercial driver -- Now? Or sometime in the future?
- Description of medical fitness related to job duties.

To assist in the preparation of the DOCUMENTATION, you can download, or refer your Primary Care Physician to these documents:

<http://dotphysicaldoctor.com/pcp-medical-release/>
Medical Release Opinion information and letter template

<http://www.fmcsa.dot.gov/documents/forms/649f.pdf>
FMCSA Form 649-F, which details:

- Medical Examination Report for Commercial Driver Fitness Determination
- Description of a Commercial Driver’s Role - Physical Qualifications
- Instructions to the Medical Examiner

What happens if a driver is not truthful about his/her Health History on the long form?

On the first page of the Medical Examination Report the driver must certify that the responses are complete and true. The driver must also certify that he/she understands that inaccurate, false or misleading information may invalidate the examination and medical examiner’s certificate.

The medical examiner has an obligation to determine if a CMV driver’s health meets FMCSA standards. The medical examiner will decide whether additional information should be obtained from the driver’s treating physician. The medical certificate will not be issued until this requirement has been satisfied.

Making a false statement for concealing a disqualifying condition may invalidate the examination and any certificate issued based on it.

Medical Certificate - Qualification Period

If the driver meets all the standards in FMCSA 49 CFR Part391.41, a medical certificate will be issued for:

- 2 years

If the driver meets standards, but periodic monitoring is required for certain conditions, a medical certificate will be issued, depending on those conditions for:

- 1 year
- 6 months
- 3 months
- other time limit

If the driver does not meet standards, medical certification is:

- Temporarily disqualified due to (condition or medication)
- Disqualified

Medical Certificate - Certification Requirements

The medical certificate will indicate the following requirements if applicable:

- Wearing corrective lenses
- Wearing hearing aid
- Accompanied by a waiver, or exemption (vision or diabetes)
- Accompanied by a Skill Performance Evaluation Certificate
- Driving within an exempt intra-city zone (49 CFR 391.62)
- Qualified by operation of 49 CFR 391.64 3

Medical Examiner's Certificate

MEDICAL EXAMINER'S CERTIFICATE				
I certify that I have examined _____ in accordance with the Federal Motor Carrier Safety Regulations (49 CFR 391.41-391.49) and with knowledge of the driving duties, I find this person is qualified, and, if applicable, only when:				
<input type="checkbox"/> wearing corrective lenses	<input type="checkbox"/> driving within an exempt intracity zone (49 CFR 391.62)			
<input type="checkbox"/> wearing hearing aid	<input type="checkbox"/> accompanied by a Skill Performance Evaluation Certificate (SPE)			
<input type="checkbox"/> accompanied by a _____ waiver/exemption	<input type="checkbox"/> qualified by operation of 49 CFR 391.64			
The information I have provided regarding this physical examination is true and complete. A complete examination form with any attachment embodies my findings completely and correctly, and is on file in my office.				
SIGNATURE OF MEDICAL EXAMINER	TELEPHONE	DATE		
MEDICAL EXAMINER'S NAME (PRINT)	<input type="checkbox"/> MD <input type="checkbox"/> DO <input type="checkbox"/> Physician Assistant	<input type="checkbox"/> Chiropractor <input type="checkbox"/> Advanced Practice Nurse <input type="checkbox"/> Other Practitioner		
MEDICAL EXAMINER'S LICENSE OR CERTIFICATE NO./ISSUING STATE	NATIONAL REGISTRY NO.			
SIGNATURE OF DRIVER	INTRASTATE ONLY <input type="checkbox"/> YES <input type="checkbox"/> NO	CDL <input type="checkbox"/> YES <input type="checkbox"/> NO	DRIVER'S LICENSE NO.	STATE
ADDRESS OF DRIVER _____				
MEDICAL CERTIFICATION EXPIRATION DATE _____				

Further Questions and Other Resources

We've attempted to keep this document short and informative by covering the basics of the DOT Physical Examination and the standards and requirements for the issuance of a DOT Medical Certificate.

Based on personal circumstances, you may have additional questions.

Further Questions

Frequently Asked Questions

If you need help getting your questions answered, go to our website and you'll be able to find the FAQs drivers are asking.

<http://dotphysicaldoctor.com/faq/>

Where To Ask A Question?

If you can't find an answer for your question, you'll be able to leave a question in the FAQ "Comments" area.

Trucker Docs™ will answer your question as quickly as possible.

Other Resources

FMCSA Medical Criteria

The physical qualification regulations for CMV drivers can be found at FMCSA 49 CFR Part 391.41

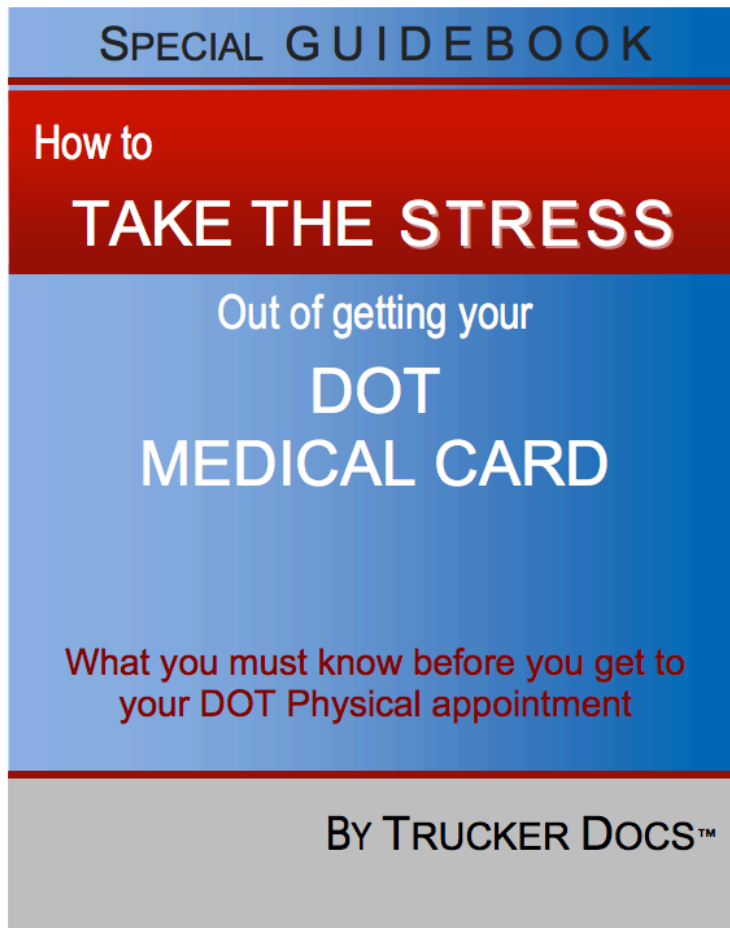
<http://www.fmcsa.dot.gov/rulesregulations/administration/medical.htm>

Find A Certified Medical Examiner

To find a doctor who's a Certified Medical Examiner in a location that's convenient for you -- Go to:

<http://dotphysicaldoctor.com/dot-physical-locations-nationwide/>

Thank you for reading



If you would like to share this information with others please let them know that they can get their own personal copy by visiting

<http://DOTPhysicalDoctor.com>

Travel Safely!