



Dear Driver,

You are scheduled for a medical certificate exam in compliance with the FMCSA. In order to best serve you, we ask that you **prepare in advance for your DOT exam**. Due to new processes and forms implemented by the National Registry of Medical Examiners in April 2016, medical clearance may be delayed if adequate documentation is not available at the exam. Additional exams may also be required, leading to further delays and costs.

We ask that you prepare ahead for your exam. First, **allow ample time before your current medical certificate expires**. Generally 4- 6 weeks will be sufficient. Prior to your DOT exam, if you have needed treatment in the past for a medical condition or are currently on medications, **see your own physician to assure that you are well controlled**, compliant to treatment, and have necessary clearance to work. You can **download forms for various medical conditions on our website**. Have these **forms completed by your own physician in advance of your DOT exam**. Additional testing requirements are listed for various conditions for your physician's reference.

Additionally, **be prepared on the day of the exam**. Get a good night's rest, eat regularly and take your medications as you normally would in the morning. Remember to bring your medications or a medication list to provide the examiner. And finally, don't forget your corrective lenses or hearing aids, if they are needed for driving.

We have included the physical requirements for drivers below for your review. You can use the links provided to access documentation forms for your own physician. You can also download a copy of the [MCSA-5875](#) (Medical Examination Report Form) and [The Occupational Health Center Registration form](#) to complete before your arrival.

We are dedicated to providing excellent occupational health services to our drivers and their employers in our community. We look forward to meeting you on your scheduled exam date.

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## § 391.41: Physical qualifications for drivers

A person is physically qualified to drive a commercial motor vehicle if:

- (i) That person meets the physical qualification standards in paragraph (b) of this section and has complied with the medical examination requirements in § 391.43; or
- (ii) That person obtained from FMCSA a medical variance from the physical qualification standards in paragraph (b) of this section and has complied with the medical examination requirement in § 391.43.

(b) A person is physically qualified to drive a commercial motor vehicle if that person—

(1) Has no loss of a foot, a leg, a hand, or an arm, or has been granted a skill performance evaluation certificate pursuant to § 391.49;

(2) Has no impairment of:

(i) A hand or finger which interferes with prehension or power grasping; or

(ii) An arm, foot, or leg which interferes with the ability to perform normal tasks associated with operating a commercial motor vehicle; or any other significant limb defect or limitation which interferes with the ability to perform normal tasks associated with operating a commercial motor vehicle; or has been granted a skill performance evaluation certificate pursuant to § 391.49.

(3) Has no established medical history or clinical [diagnosis of diabetes mellitus](#) currently requiring insulin for control;

(4) Has no current clinical diagnosis of [myocardial infarction, angina pectoris, coronary insufficiency, thrombosis, or any other cardiovascular disease](#) of a variety known to be accompanied by syncope, dyspnea, collapse, or congestive cardiac failure.

(5) Has no established medical history or clinical diagnosis of a [respiratory dysfunction](#) likely to interfere with his/her ability to control and drive a commercial motor vehicle safely;

(6) Has no current clinical diagnosis of [high blood pressure](#) likely to interfere with his/her ability to operate a commercial motor vehicle safely;

(7) Has no established medical history or clinical diagnosis of [rheumatic, arthritic, orthopedic, muscular, neuromuscular, or vascular disease](#) which interferes with his/her ability to control and operate a commercial motor vehicle safely;



- (8) Has no established medical history or clinical [diagnosis of epilepsy](#) or any other condition which is likely to cause loss of consciousness or any loss of ability to control a commercial motor vehicle;
- (9) Has [no mental, nervous, organic, or functional disease or psychiatric disorder](#) likely to interfere with his/her ability to drive a commercial motor vehicle safely;
- (10) Has distant visual acuity of at least 20/40 (Snellen) in each eye without corrective lenses or visual acuity separately corrected to 20/40 (Snellen) or better with corrective lenses, distant binocular acuity of at least 20/40 (Snellen) in both eyes with or without corrective lenses, field of vision of at least 70° in the horizontal Meridian in each eye, and the ability to recognize the colors of traffic signals and devices showing standard red, green, and amber;
- (11) First perceives a forced whispered voice in the better ear at not less than 5 feet with or without the [use of a hearing aid](#) or, if tested by use of an audiometric device, does not have an average hearing loss in the better ear greater than 40 decibels at 500 Hz, 1,000 Hz, and 2,000 Hz with or without a hearing aid when the audiometric device is calibrated to American National Standard (formerly ASA Standard) Z24.5—1951.
- (12)(i) Does not [use any drug or substance identified in 21 CFR 1308.11 Schedule I, an amphetamine, a narcotic, or other habit-forming drug](#).
- (ii) Does not use any non-Schedule I drug or substance that is identified in the other Schedules in 21 part 1308 except when the use is prescribed by a licensed medical practitioner, as defined in § 382.107, who is familiar with the driver's medical history and has advised the driver that the substance will not adversely affect the driver's ability to safely operate a commercial motor vehicle.
- (13) Has no current clinical diagnosis of alcoholism.