

Notice Related to DOT (Department of Transportation) Examinations

As of May 21, 2014, the DOT has created new requirements related to Medical Examiners (ME's) who perform DOT medical examinations on commercial motor vehicle (CMV) drivers. All ME's must take a training course and pass a certification examination. Additionally, all ME's must send DOT a monthly list of certification examination results, and are subject to audit by DOT to assure that ME's are following DOT requirements.

The result of this process is that DOT medical examinations may now require additional tests and procedures, and may require medical follow up with primary care physician and/or specialists. In addition, more frequent certification may be required for some drivers with certain medical conditions, and temporary or permanent disqualification may result if medical conditions are not adequately controlled.

DOT guidance suggests that all drivers over the age of 35 who smoke cigarettes have pulmonary function tests to evaluate lung function. If lung function tests are abnormal according to DOT criteria, additional testing may be required. Ultimately, drivers with lung function that does not meet DOT standards may not be certified.

DOT guidance suggests that all drivers with significant risk factors for excessive daytime sleepiness (EDS) who may have sleep apnea or other related conditions must undergo sleep study testing. If drivers are diagnosed with sleep apnea or other related conditions based on sleep testing results, drivers must be treated successfully with continuous positive airway pressure – CPAP - for at least one month prior to medical certification. So a driver with possible sleep apnea could miss at least 1-2 months of work while undergoing sleep study testing and possible treatment. Drivers on CPAP treatment must provide evidence to the medical examiner at the medical certification examination demonstrating compliance with treatment recommendations. DOT requires that drivers undergo yearly sleep study testing to demonstrate that treatment is adequate, effective, safe, and stable. Risk factors for sleep apnea include a neck size of 17" or more, a basal metabolic index - BMI – of 30 or more.

Drivers with a history of heart conditions – heart attack, stenting, bypass surgery, and others – are also required to undergo periodic testing and consultation with a cardiovascular specialist.

These are just some of the requirements related to these new regulations. We are sorry if following these regulations results in inconvenience to drivers and/or employers, but we have no choice but to comply with them. We will assist our drivers and employers in assuring that you are in compliance with these new requirements.