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### **Dot Guidelines For Physicians**

According to DOT guidelines, a person with diabetes, whether controlled with diet alone or diet plus medication, must meet the following criteria: Maintain a glycosylated hemoglobin (Hemoglobin A1C or "HBA1C") of 10% or less. The HBA1C is a measure of the average amount of sugar in the blood over the last 3 months.

### **DOT MEDICAL GUIDELINES -DIABETES | Same Day DOT Physicals ...**

About the Exam. A Department of Transportation (DOT) physical examination must be conducted by a licensed "medical examiner" listed on the Federal Motor Carrier Safety Administration (FMCSA) National

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Registry. The term includes, but is not limited to, doctors of medicine (MD), doctors of osteopathy (DO), physician assistants (PA), advanced practice ...

### **DOT Medical Exam and Commercial Motor Vehicle ...**

During a DOT physical, medical examiners look for deformities that might interfere with breathing or swallowing. These abnormalities and certain risk factors are predictors of sleep apnea and could prompt an examiner to order a sleep test. Risk factors include (but are not limited to):

- BMI
- Hypertension
- Age
- Receding chin

### **DOT Physical Requirements for Sleep Apnea**

The Department of Transportation (DOT) requires that commercial truck drivers and bus drivers undergo periodic physical exam to make sure they are physically capable of safety behind the wheel. These physical exams, known

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affectionately by medical providers as “DOT physicals” could once be performed by any licensed physician, nurse practitioner, or physician assistant.

## **How to Get Certified to Perform DOT Physicals | ThriveAP**

DOT CDL Physical Exam Physicians Instructions 391.43 (a) (FMVSR) Except as provided by paragraph (b) of this section, the medical examination shall be performed by a licensed medical examiner as defined in §390.5 of this subchapter. A Department of Transportation (DOT) physical examination is conducted by a licensed "medical examiner."

## **DOT CDL Physical Exam Medical Examiner Instructions**

DOT Guidance on Compliance with Drug and Alcohol Testing Regulations . March 23, 2020. This guidance document provides clarity to DOT-regulated employers, employees, and service

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agents on conducting DOT drug-and-alcohol testing given concerns about the Coronavirus Disease 2019 (COVID-19).

## **DOT Guidance on Compliance with DOT Drug and Alcohol ...**

Author: Matthew McQuillan, J.D.

Physicians and other medical professionals choosing to perform physical examinations for commercial driver applicants pursuant to the Department of Transportation's (hereinafter, "DOT") regulations have potential liability exposure of which they should be aware.

## **Legal Implications of DOT Physical Examinations for Physicians**

The DOT requires each commercial truck driver to pass a physical exam, stating that you are in good enough health to operate heavy machinery safely on the roads. Once the driver has passed his or her medical examination, they are issued a DOT medical certification card for them to pass along to their employer

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for documentation.

## **DOT Physical Rule Changes for 2019 | DOT Physicals**

provide a quick reference source for questions that may arise while performing a DOT physical examination. These are the current guidelines. Further recommendations may be pending by expert panels but have not been approved by the FCMSA. Driver's Duties may include:

- Coupling and uncoupling trailers from tractors
- Loading and unloading

## **QUICK REFERENCE GUIDE FOR DOT PHYSICAL EXAMINATIONS**

DOT physicals are required for drivers who: transport hazardous materials that require their vehicles to display a hazmat placard are paid to operate motor vehicles that carry more than eight...

## **What Is a DOT Physical? Test Components & Preparation**

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DOT physical exams are generally administered by approved doctors of medicine, physician assistants, doctors of chiropractic, advanced practice nurses and doctors of osteopathy. Even if the CDL physical test is typically administered on a 24-month basis, certain drivers may still be required to retake the exam on a more frequent basis if they have a condition that must be monitored regularly.

### **CDL Physical And Medical Requirements | DMV.com**

If blood pressure is any higher, medication or other forms of control may be needed before a DOT physical card can be given. Things such as stress, smoking or drinking coffee before the exam can elevate blood pressure so come prepared and be aware. The heart is also checked to make sure pulse is strong and regular.

### **DOT Physical Exam Requirements**

Frequently asked questions about

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FMCSA regulations, DOT medical certificate requirements, and the DOT physical exam. Trucker Docs answers commercial driver questions about medical conditions - blood pressure, hypertension, heart disease, diabetes, sleep apnea, medications, drugs, and much more.

### **Frequently Asked Questions - DOT Physical Requirements**

What New Truck Drivers Need To Know About The DOT Physical: In order to drive a commercial vehicle in the U.S. with a maximum gross vehicle weight rating of over 10,000 lbs in interstate commerce , drivers are required to pass a physical examination given by a DOT-approved medical examiner to obtain and maintain a medical examiner's certificate.

### **DOT Physical - The Complete Guide**

DOT Physical Medical Requirements: Managing Blood Sugar, Pre-Diabetes, and Diabetes for Commercial Drivers.



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During the course of checking your DOT physical medical requirements, your blood sugar will be checked. This is to determine whether or not you have diabetes as a factor in determining your safety as a commercial driver.

### **DOT Physical Medical Requirements for Certification & Diabetes**

National Registry of Certified Medical Examiners: Landing Page. Instructions to Become a Certified Medical Examiner. If you are interested in becoming a certified medical examiner, select the link above to learn about the requirements and process.

### **National Registry of Certified Medical Examiners | FMCSA**

West Virginia CDL Requirements. Effective January 30, 2012, all CDL holders must declare a self-certification category relating to their type of commerce, and provide a valid updated medical certificate to West Virginia DMV.

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## **West Virginia CDL and DOT Medical Card Requirements**

General physical exam A DOT physical can cover up to twelve different categories of wellness, ranging from neurological to vascular. The driver may be asked to bring past medical records, and even correctional devices such as eye glasses, contacts or hearing aids to their DOT physical.

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