

DOT PHYSICAL REQUIREMENTS

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.
- The ability to produce a urine specimen.

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 your PCP?
Bring "Medical Release" documentation from that physician.

What To Expect When You Arrive For Your Scheduled Appointment

When you arrive at Auburn Family Health Center, P.C., you will be required to complete the Demographic and the Health History portions of the DOT physical form.

What Happens If A Driver Is Not Truthful About His/Her Health History?

The driver should understand that inaccurate, false, or misleading information may invalidate the examination and medical examiner's certificate.

The medical examiner's role is to determine if a driver's health meets FMCSA standards. 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, endangering public safety. Based on the examination, 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.****

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
 - If diagnosed with sleep apnea, please bring chip data to demonstrate compliance
 - Please bring a copy of the previous sleep study, if one has been done
- 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 answered “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.

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