



US DOT MEDICAL CARDS


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Medical Cards...What are they?

- A US DOT medical card is a document... usually carried on his/her person...that states that the driver has had a physical examination by a qualified medical doctor and is medically certified and physically qualified to operate a commercial motor vehicle.
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Commercial Motor Vehicle...

- A single or combination vehicle in which the gross vehicle weight rating determined by the vehicle's manufacturer is greater than 10001 pounds and is in the use of commerce.

Who needs a medical card?

- Any commercial truck driver that is compensated for driving a vehicle used in commerce and operates on any public highway...as long as the vehicle's GVWR is above 10001 pounds.

When is the card needed?

- The card is to be presented to any law enforcement officer or inspector of commercial motor vehicles when asked.
- The card is usually good for a 2 year period.
 - Some cards are issued for a shorter period when a driver's health issue arises and causes the medical doctor to question his/her qualification.

Exception to when it is needed...

- Starting on January 30, 2012...“ a driver required to have a commercial driver’s license (vehicles with a GVWR of 26001 lbs. or greater)...and who submits a current medical card to the State in which he/she resides... and, meets the physical qualification requirements...no longer needs to carry the card on their person as the record will be retained by their driving record retained by the BMV.

Further on the exception...


- If the driver does not have a record of his medical card on his CDL record with the BMV...a current card issued prior to 1/30/12 will be accepted until 1/30/14. After such date...the driver can use a current card that was submitted to the State for up to 15 days after it was issued as proof of medical certification.

Medical Variance..

- A CDL holder required by law to obtain a medical variance from FMCSA...must continue to have in their possession the documentation at all times while on duty.
 - If said driver does not have the variance on their person...the driver will be considered “out of service” until the variance is in his/her possession.



Physical Qualifications..

- Has no loss of a foot, leg, hand or an arm...or has been granted a skill performance evaluation certificate.
 - Has not impairment of: a hand or finger which interferes with prehension or grasping.
 - Arm, foot or leg which interferes with the ability to perform normal tasks associated with operating a truck...or any other significant limb defect or limitation which interferes with normal tasks required to operate a truck...or been granted a skill performance evaluation certificate.
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Physical Qualifications..

- No established medical history or clinical diagnosis of diabetes currently requiring insulin for control.
- No medical history of heart troubles including: myocardial infarction, angina, coronary insufficiency, thrombosis or any other cardiovascular disease of a variety known to be accompanied by syncope, dyspnea, collapse or congestive cardiac failure.




Physical Qualifications...

- No medical history of respiratory dysfunction likely to interfere with the ability to drive the vehicle safely.
- No current diagnosis of high blood pressure likely to interfere...
- No established medical history of rheumatic, arthritic, ortopedic, muscular, neuromusclular or vascular disease which interferes...
- Epilepsy or any condition causing loss of consciousness or any loss of ability to control a commercial vehicle.




Physical Qualifications..

- A mental, nervous, organic or functional disease...or psychiatric disorder likely to interfere...
 - Has distant eye sight of at least 20/40 in each eye without corrective lenses or eyesight separately corrected to 20/40 or better with corrective lenses...distant binocular sight of at least 20/40 in the horizontal median of each eye, and the ability to recognize the colors of traffic signals and devices showing standard red, green and amber.
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Physical Qualifications..

- First perceives a forced whisper in the better ear of 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, 1000 and 2000 Hertz with/without a hearing aid when the device is calibrated to American National Standard.
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Physical Qualifications...


- Does not use a controlled substance/ drug, if the substance/drug is prescribed by a licensed medical practitioner who:
 - Is familiar with the driver's medical history and assigned duties...
 - Has advised the driver that the drug will not adversely affect the driver's ability to safely operate the vehicle.
- Has no current clinical diagnosis of alcoholism.

Where do I get this card?

- Where to obtain the card greatly depends on the driver's situation, etc.
 - Can be obtained through the company with a physician contracted with that company to perform physicals.
 - Any urgent care facility that specializes in occupational health.
 - Any hospital with an occupational health department.
 - Private practice licensed physicians familiar with the requirements of driving a commercial motor vehicle.



Common Violations...?

- No medical card...at all.
 - Expired medical card.
 - Card not properly filled out by the physician.
 - Card not properly filled out by the driver.
 - Violating a restriction of the card by not wearing glasses/contacts or having their hearing aids (or spare batteries).
 - Not having the medical variance on their person issued by the FMCSA when required.
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Additional Thoughts...

- When obtaining a card...
- Make sure you have a list of medications that you take ...dosages and the physicians name & number.
- The corrective lenses and hearing aids that you may require.
- Make sure you have your driver's license and that it is current.
- Leave plenty of time...especially for a recertification. A good rule is one month in case other or more medical information is required by the physician to pass you.



When obtaining a DOT Medical Card...

- Get plenty of sleep if possible...and try not to have caffeine before your physical...especially if you have high blood pressure. Lack of sleep, caffeine and smoking will raise your blood pressure and pulse.
 - Finally...be courteous to the medical staff in which you are dealing with when obtaining your medical card...they are not trying to deny you your card...they are just helping you to obtain a card legally and doing their jobs.
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Finally...

- Questions from the floor?
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