

## MEDICAL RELEASE AND OPINION

**Driver/Patient Name:** \_\_\_\_\_ **Date of Birth:** \_\_\_ / \_\_\_ / \_\_\_\_\_

Please release any and all medical information and/or record to the DOT Certified Medical Examiner listed below my signature.

**Driver/Patient Signature:** \_\_\_\_\_ **Date:** \_\_\_ / \_\_\_ / \_\_\_\_\_

**DOT Certified Medical Examiner:** Dr. Joel M. Carson, DC P: 843-972-3287 F: 843-331-3375

**REQUEST:** The Driver / Patient listed above is preparing to take/taking the Federal Motor Carrier required DOT Physical Examination in order to obtain Medical Certification to operate a commercial motor vehicle. In order for the Certified Medical Examiner to complete the DOT Physical Examination, certain information is needed from you, the Primary Care Physician or Specialist, about any medical condition for which you have been treating this patient. Please complete the Medical Opinion below, and fax to the requesting DOT Certified Medical Examiner, or give a copy to the requesting Driver / Patient.

**Patient's Date of Last Office Visit:** \_\_\_ / \_\_\_ / \_\_\_\_\_

1. Medical Condition of Concern: \_\_\_\_\_ Date of Onset: \_\_\_ / \_\_\_ / \_\_\_\_\_

2. Diagnosis: \_\_\_\_\_

3. Treatment/Medications (Rx, OTC, Supplements): \_\_\_\_\_

4. Has treatment shown to be adequate, effective & safe?:  Yes  No

5. Is the driver's condition stable enough to operate a commercial motor vehicle?  Yes  No

6. Is the driver released to operate a commercial motor vehicle?  Yes  No

I have read and understand the job description of a commercial motor vehicle driver attached to this form.

**Signature:** \_\_\_\_\_ **Date:** \_\_\_ / \_\_\_ / \_\_\_\_\_

**Physician Name Completing This Request:** \_\_\_\_\_

**Physician Phone:** \_\_\_\_\_ **Physician Fax:** \_\_\_\_\_

FMCSA regulations state that although the DOT Medical Examiner must have and consider the opinions of treating physicians, the DOT Medical Examiner is responsible for making the final determination of driver status. Please contact our office if you have any questions or concerns.

## GENERAL COMMERCIAL MOTOR VEHICLE OPERATOR JOB DESCRIPTION

The primary care physician or specialist must be familiar with the driver's medical history and assigned duties; and aware of the rigorous physical, mental, and emotional demands placed on the driver of a commercial motor vehicle.

In the interest of public safety, the physician is required to verify that the driver does not have any physical, mental, or organic condition that might affect the driver's ability to operate a commercial motor vehicle safely.

Final determination of fitness to drive a commercial motor vehicle and DOT Medical Certification still rests with the DOT Certified Medical Examiner.

### **DESCRIPTION:**

Responsibilities, work schedules, physical and emotional demands, and lifestyles among commercial drivers vary by the type of driving that they do. Some of the main types of drivers include the following:

- turn around or short relay (drivers return to their home base each evening);
- long relay (drivers drive 9-11 hours and then have at least a 10-hour off duty period),
- straight through haul (cross country drivers);
- team drivers (drivers share the driving by alternating their 11- hour driving periods and 10-hour rest periods).

The following factors may be involved in a driver's performance of duties:

- abrupt schedule changes and rotating work schedules, which may result in irregular sleep patterns and a driver beginning a trip in a fatigued condition;
- long hours;
- extended time away from family and friends, which may result in lack of social support;
- tight pickup and delivery schedules, with irregularity in work, rest, and eating patterns;
- adverse road, weather and traffic conditions, which may cause delays and lead to hurriedly loading or unloading cargo in order to compensate for the lost time;
- environmental conditions such as excessive vibration, noise, and extremes in temperature;
- transporting passengers or hazardous materials may add to the demands on the commercial driver.

There may be duties in addition to the driving task for which a driver is responsible and needs to be fit. Some of these responsibilities are:

- coupling and uncoupling trailer(s) from the tractor, loading and unloading trailer(s) (sometimes a driver may lift a heavy load or unload as much as 50,000 lbs. of freight after sitting for a long period of time without any stretching period);
- inspecting the operating condition of tractor and/or trailer(s) before, during and after delivery of cargo;
- lifting, installing, and removing heavy tire chains; and, lifting heavy tarpaulins to cover open top trailers.

The above tasks demand agility, the ability to bend and stoop, the ability to maintain a crouching position to inspect the underside of the vehicle, frequent entering and exiting of the cab, and the ability to climb ladders on the tractor and/or trailer(s). In addition, a driver must have the perceptual skills to monitor a sometimes complex driving situation, the judgment skills to make quick decisions when necessary, and the manipulative skills to control an oversize steering wheel, shift gears using a manual transmission, and maneuver a vehicle in crowded areas.