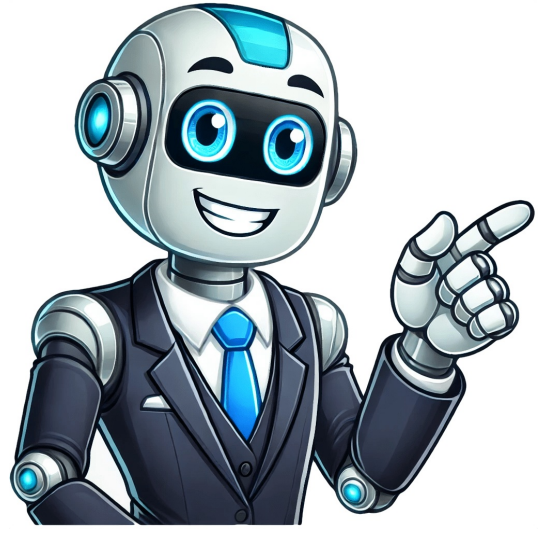


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Dot physical exams near me

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In order to ensure your and the public's safety, you'll most likely need to take a DOT (Department of Transportation) physical. A DOT physical is a checkup that's required for commercial vehicle drivers by the Federal Motor Carrier Safety Administration (FMCSA). This exam makes sure you're able to meet the physical requirements of your job. This includes being able to tolerate the health risks posed by sitting for long periods of time. If you have been told that you need a DOT physical, here's what you need to know.DOT physicals are required in order to obtain a commercial driver's license. They're used to determine your overall physical health and ability to safely operate a commercial vehicle. These determinations ensure that you're medically qualified to handle the intense schedule, physical demands, and emotional stress of operating commercial vehicles, under all types of conditions. DOT physicals are required for drivers who transport hazardous materials that require their vehicles to display a hazmat placardare paid to operate commercial vehicles that carry more than eight people operate motor vehicles that carry more than 15 people operate motor vehicles that have a gross combination weight rating of over 10,000 pounds pass a DOT physical, you'll receive a medical certificate that allows you to drive a commercial vehicle for 2 years, provided you have no underlying physical or mental condition that requires testing more often. Some medical conditions require that you have an annual DOT physical. These include:diabetes mellitushigh blood pressure (hypertension)heart diseaseif you have a medical condition such as very high blood pressure, you may be required to have physicals every 3 months while you undergo medical treatment to correct or manage the issue. The medical examiner giving you a DOT physical will first have you fill out a medical health history form that asks questions about your health history. You'll be asked to provide detailed information about your health, including:medications you takesurgeries you've hadalcohol, tobacco, and other substances health symptoms or medical conditions you currently haveYou also have the option of filling out this form ahead of time and bringing it with you. At your DOT physical, you'll be given a complete physical examination, which tests your:hearingvision blood pressure other health indicators.You'll also have a urinalysis, which provides information about blood sugar level and other health indicators. The urinalysis is also used for drug testing purposes.Each test you take is done to determine if you're healthy enough to drive a commercial vehicle safely. DOT physicals are performed by licensed medical examiners who are listed in the FMCSA National Registry. Medical examiners can be the following:medical doctor (MD)osteopathic doctor (DO)chiropractor (DC)physician assistant (PA)advanced practice registered nurse (APRN)Not all licensed medical professionals are certified to give DOT exams. To find a licensed medical examiner, you can use this national registry search tool, provided by the FMCSA. Filling out the form ahead of time may be less stressful than doing it at the exam. If you do it before your appointment, make sure to bring it with you. Here's a list of other health-related items you need to bring to a DOT physical exam:medications you're taking, including prescription and over-the-counter medicinesAny health problems you've hadif you use tobacco, alcohol, or illegal substancesIf you've ever failed a drug testif you've ever been dependent on an illegal substanceAny symptoms you're currently havingYou will have a hands-on physical that includes checking your:HeightWeightBlood pressureVisionHearingGeneral appearanceSkinEyesEarsMouth and throatHeartLungs and chestAbdomenBack and spineGenital and urinary system, including checking for herniasExtremities and jointsNervous system, including your reflexesGait, which is how you walkCirculatory system, which includes your arteries, veins, and lymphatic system You'll also get a urinalysis to check for protein, blood, sugar, and specific gravity. These tests can tell your doctor if you need additional tests to check for other medical problems. You may have other tests if your doctor thinks they're necessary.You may need a sleep apnea test if you have symptoms of obstructive sleep apnea, which is a disorder where you periodically stop breathing while sleeping. Symptoms of sleep apnea can include:Heavy snoringGaspings for breath during sleepDry mouth or sore throat in the morningMorning headachesDaytime sleepinessDOT physicals can only be performed by health care professionals who are certified by the FMCSA. You can search for a licensed medical examiner here. Licensed medical examiners may be:Doctors of medicine (MD)Doctors of osteopathy (DO)Doctors of chiropractic (DC)Physician assistants(PA)Advanced practice registered nurses (APRN)Nurse practitioners (NP)Ahead of your scheduled DOT physical, you can prepare by maintaining or improving your health. Try the following:Make sure your medications are up to date, and take them regularly as prescribed.If you wear eyeglasses or contact lenses, have your eyes checked and your prescription updated.Avoid heavy drinking.Don't misuse substances.Avoid foods that adversely affect blood pressure, such as salty snacks.Avoid foods that adversely affect your blood glucose level, such as sugary sweets.Consider quitting smoking, if you smoke cigarettes or vape.Manage your weight. Exercise more often than not, and follow a healthy diet.If you can fill out the driver's portion of the exam at home if you want to save time on the day of the physical. You will also need to bring:A list of all of your doctors' names and addressesA list of all of your medicines, including the dosageIf you wear glasses, contacts, or hearing aids, if you use themA record of your blood sugar readings and your most recent HbA1C if you have diabetesA record from your continuous positive airway pressure (CPAP) machine showing proper use for at least 90 days if you have sleep apneaA letter from your cardiologist indicating you're safe to drive a DOT vehicle if you have heart issuesThe results of recent heart tests, if you've had a stroke, brain tumor, seizure disorder, or bleeding in the brainA letter and medical records from your doctor if you're taking any medicines that can cause sleepiness or are controlled substancesA letter from your doctor if you've lost permanent use of an arm or leg, including any work restrictionsA letter from your doctor and a recent blood level and clearance test if you're taking the blood thinner warfarin (Coumadin)Conditions that may disqualify you from passing a DOT physical are those that interfere with your ability to drive safely. If something affects your hearing or vision, it could cause you to have an accident. You also may not be safe to drive if you have a condition that could cause you to lose consciousness or become dizzy. Such conditions can include:Uncontrolled or unstable heart conditionsEpilepsy or seizure disordersMeniere's disease, an inner ear disorder that causes dizzinessUncontrolled diabetesUncontrolled high blood pressureVision loss that can't be correctedHearing loss that can't be correctedUse of marijuana, even if prescribedUse of illegal substancesUse of oxygen therapySome respiratory conditionsProtein in the urine, which may indicate kidney diseaseSome of these conditions will be left up to the medical examiner's judgment as to whether to qualify you or not. You may be able to get an exemption or waiver from the FMCSA for certain conditions. Sometimes, you may be disqualified until you bring a medical condition under control. If you are able to resolve a disqualifying condition, you can reapply for certification.DOT vision requirementsTo pass the vision test, you need to have 20/40 vision in each eye, with or without correction (glasses/contact lenses), and a field of vision of 70 degrees or more in each eye. You should also be able to differentiate between red, green, and amber (colors of traffic signals).Before 2022, if you didn't meet these standards but met all other standards of the DOT physical, you could apply for an exemption. Now, the FMCSA has a new alternative vision standard. The rule now requires any person who doesn't satisfy, with the worse eye, either the distant visual acuity standard with corrective lenses or the field of vision standard, or both, must be medically examined and certified by a Medical Examiner as physically qualified to operate a commercial motor vehicle. Your ophthalmologist or optometrist must fill out a new form, the Vision Evaluation Report, Form MCSA-5871, and provide it to your DOT physical medical examiner. DOT hearing requirementsTo pass your hearing test, you must be able to hear a "forced whisper" using your better ear when you're 5 feet from the examiner, with or without a hearing aid. If you fail this hearing test, you'll be referred for an audiometry test.In most cases, you can get a hearing correction device and then pass your DOT physical. If you need a hearing aid, you must keep it on at all times while driving.If you are completely deaf and cannot pass the whisper test even with hearing aids, you will fail the hearing test.DOT blood pressure requirementsIf your blood pressure is 140/90 or below, you'll pass the DOT physical blood pressure requirements. If you've been diagnosed with hypertension and are being treated, you'll need more frequent certification.If your blood pressure is between 140/90 and 159/99, you'll be certified again after 1 year.If your blood pressure is between 160/100 and 179/109, you will get a temporary 3-month certification, and you'll have to reduce your blood pressure to below 140/90 to get a 1-year certification.If your blood pressure is higher than 180/110, you can't pass. When you reduce your blood pressure to below 140/90, you can be certified for 6 months.A DOT physical generally costs \$85-\$150. Some companies will cover the cost for you, so check with your employer to see if they'll pay for your DOT physical.