

Takin' a Load Off Your Mind

SEPTEMBER 2008

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MEDICALLY UNFIT CMV DRIVERS

You may have recently seen the headlines on the national TV networks regarding the credibility of some DOT physical exams. The headlines were focusing on the number of medically unfit drivers of Commercial Motor Vehicles ...not a good image for the industry. We also received a "DOT Medical Exam Alert" from Drug Screens Plus (DS+) that we concur and wish to pass along to you. We are taking the liberty of condensing the information somewhat. (Note: DS+ is a notable provider of not only drug testing services, but offer the services for DOT physical examinations as well.)

The following highlights may help you to assure your compliance levels and safety of the motoring public. Because Medical examiners often do not perform the exams with sufficient frequency or familiarity with DOT regulations; and drivers don't always disclose potentially disqualifying medical conditions, some substantial risks exist.

As a Motor Carrier, you are ultimately responsible for the criteria used ...not the physician. To reduce your liability DS+ and F.C.G. suggest that you consider the following:

- Request that your physician become NADME Certified.
- Request that your physician conduct the entire exam personally.
- DO NOT accept the "Med Card" alone (without the long-form).
- If possible, personally review each "long-form" physical exam form for DOT guidelines.

If you are utilizing the services of F.C.G. (or DS+), the above guidelines are already being taken into consideration for each driver and/or DOT physical exam. However, if you have any questions, let us know ASAP at (616) 532-1444.

This document is intended for Trucking/Transportation Safety Departments. If you have received this in error or wish to be removed from our address list, please let us know by calling (616) 532-1444, faxing (616) 532-1794, or emailing us at fleet.compliance@hotmail.com

DOT Drug/Alcohol Testing Regulation Changes

Effective August 25, 2008, there is a change in the requirements for "Directly Observed" specimen collections.

"Pre-Employment" tests reported as "negative and dilute" will require the donor to report for a second collection ...which will be observed. Untimely reporting for a "Random" or "Post-Accident" tests would require a second "observed collection". "Return to Duty" and "Follow Up" tests will be affected by this change for "observed collection". The second test will be the test of record.

If the employee has forfeited the right to a "private" collection, the procedures will be as follows: *....required to "raise his/her shirt, as appropriate, above the waist and lowering clothing and underwear (to mid thigh) to show ...by turning around".* (Note: the observer shall be of the same gender.)

Failure to follow the observers instructions will be considered a refusal to test ...considered comparative to a "positive test result".

You should be providing a copy of these changes to each of your drivers who are regulated under DOT testing laws.

Your "Provider" should be furnishing you with an addendum for your policy. Note: If your "Provider" has not informed you of these changes, or a policy addendum, please contact us immediately and we will direct you to a "Provider" who furnishes the services you need.

Did you know ...

- ◆ *In every episode of Seinfeld, there is a Superman somewhere.*
- ◆ *It takes about a half gallon of water to cook macaroni – and about a gallon to clean the pot.*
- ◆ *Nutmeg can be extremely poisonous if injected intravenously.*
- ◆ *The first toilet ever seen on television was on "Leave It To Beaver".*
- ◆ *February 1865 is the only month in recorded history not to have a full moon.*

ARE YOU INTERESTED IN ATTENDING EITHER OUR COMPLIANCE OR LOGBOOK WORKSHOP IN CANTON, MI ON WEDNESDAY, SEPTEMBER 17, 2008? IF SO, LET US KNOW.

What's Up?

It's easy to understand the word "up" ...meaning – toward the sky or at the top of the list; but when we wake in the morning, why do we wake "up"? At a meeting – the topic comes "up" and we speak "up". Officers are "up" for election. It's "up" to the Secretary to write "up" a report. We call "up" our friends. To brighten "up" a room we polish "up" the silver. Warm "up" the leftovers ...then, clean "up" the kitchen. We lock "up" the house and fix "up" the old car. People stir "up" trouble and line "up" for tickets. We work "up" an appetite and think "up" excuses. We get dressed every morning, but dressing "up" is special. A drain must be opened "up" because it is stopped "up". We open "up" the store in the morning "and" close it "up" at night. When rain is threatening, we say it's clouding "up", and when it doesn't rain – things dry "up".

We seem to be pretty mixed "up" about "up". Looking "up" "up" in the dictionary, you'll find almost ¼ of the page and definitions add "up" to about thirty.

If you have lots of time on your hands, you might try building "up" a list of many ways "up" is used. It will take "up" a lot of time, but if you don't give "up", you may wind "up" with a hundred. You could go on and on, but you should wrap it "up". For now my time is "up", so I'll shut "up".

COMPLIANCE WORKSHOPS

For many years, we have been conducting monthly workshops to assist motor carriers with compliance issues (Logbook, DQ files, Load Securement, Haz Mat Training, etc.). Classes are offered at what we feel is a reasonable cost (\$70/4 hour class). To make these classes more convenient for the motor carriers of Michigan, we are scheduling in various areas of the State and would like to hear from you. If you would like to attend a class in your area, please contact us and let us know what area you are located.

Driver Responsibility to Secure Cargo

Over the years the securement of cargo has become a greater liability. The laws have changed and are very specific. With more motor carrier enforcement training, F.C.G. receives many calls regarding OOS violations and citations for insufficient load securement. Please contact Larry at our office if you have any questions regarding this topic.

Schedule your Michigan CDL, Automobile, or Motorcycle test by calling (616) 532-0704. CDL Rentals available.