

North American Driver Training Academy (NADTA)

Upon arrival to Cedar Rapids, IA to attend NADTA, you will be required to complete a DOT Physical and NON-DOT Hair Follicle Drug Test and a DOT Urine Drug Test. Outlined below are the expectations for your DOT Physical and Hair Follicle Drug Test.

DOT Physical: Your DOT Physical will be completed by a Medical Examiner, who is certified and listed on the National Registry of Certified Medical Examiners. Certain medical conditions require documentation to be provided to the Medical Examiner at the time of exam. If you are on any medications, please bring all of those with you or a list to your DOT Physical. Below is a chart of the most common medical conditions and what documentation is required.

MEDICAL CONDITION	REQUIRED DOCUMENT
DIABETES	A1C LAB RESULT WITHIN THE LAST 30 DAYS
CPAP/SLEEP APNEA	30 DAYS OF CPAP COMPLIANCE OR NEGATIVE SLEEP STUDY
CARDIAC	CLEARANCE LETTER FROM CARDIOLOGIST AND RECENT TESTING (STRESS TEST, EKG, ETC.)
MENTAL HEALTH	CLEARANCE LETTER FROM TREATING PROVIDER

****PLEASE NOTE THIS IS NOT A COMPLETE LIST AND ADDITIONAL INFORMATION MAY BE REQUESTED AT THE PROVIDERS DISCRETION****

Per FMCSA Regulation 391.41 a person is physically qualified to operate a commercial motor vehicle if that person:

- Has no loss of a foot, a leg, a hand, or an arm, or has been granted a Skill Performance Evaluation Certificate
- Has no impairment of a hand or finger which interferes with prehension or power grasping or an arm, foot, or leg which interferes with the ability to perform normal tasks associated with operating a commercial motor vehicle; or any other significant limb defect or limitation.
- Has no current clinical diagnosis of myocardial infarction, angina pectoris, coronary insufficiency, thrombosis, or any other cardiovascular disease of a variety known to be accompanied by syncope, dyspnea (shortness of breath), collapse or congestive cardiac failure.
- Has no established medical history or clinical diagnosis of a respiratory dysfunction likely to interfere with his/her ability to operate a CMV safely
- Has no established medical history or clinical diagnosis of rheumatic, arthritic, orthopedic, muscular, neuromuscular, or vascular disease which interferes with his/her ability to safely operate a CMV
- First perceives a forced whisper voice in the better ear 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 of greater than 40 decibels at 500Hz, 1,000Hz, and 2,000Hz with or without hearing aid
- Does not use any schedule I drugs, an amphetamine (unless accompanied by a letter from treating provider), a narcotic, or any other habit-forming drug.
- Has no current clinical diagnosis of alcoholism
- Has no established medical history or clinical diagnosis of epilepsy or any other condition which is likely to cause loss of consciousness or any loss of ability to control a CMV
- Has no mental, nervous, organic, or functional disease or psychiatric disorder likely to interfere with his/her ability to operate a CMV
- Has a distant visual acuity of at least 20/40 in each eye without corrective lenses or visual acuity separately corrected to 20/40 or better with corrective lenses, distant binocular acuity of at least 20/40 in both eyes with or without corrective lenses

****Please note that the above are the guidelines per FMCSA, the provider has the final say at their discretion. ****

Hair Follicle Drug Testing: NON-DOT Hair Follicle Drug Testing is a REQUIREMENT for hire, failure to complete the testing will result in a Refusal and you will not be eligible for employment with CRST indefinitely.

What to Expect: A hair sample will be obtained from the head or from the body. If obtained from the head the sample is expected to be about 1.5-2 inches in length and the size of a pencil eraser in diameter. It will be obtained from close to the scalp and will not be cosmetically noticeable. If body hair is obtained the sample is expected to be in the size of a cotton ball both in diameter and fullness. If the collector determines there is not a sufficient quantity, you will be sent home to grow sufficient quantity for at maximum 30 days, at which time you will be rescheduled to attempt the collection again.