

## ABOUT THE DOT PHYSICAL EXAM

The Federal Motor Carrier Safety Administration (FMCSA), a division of the Department of Transportation (DOT), is charged with improving the safety of commercial motor vehicles and their operators.

To this end, the FMCSA requires Commercial Motor Vehicle (CMV) drivers to have a physical exam, commonly referred to as a DOT exam, to ensure they are healthy enough to safely perform the job. As of May 2014 new regulations require that the exam be performed by a Certified Medical Examiner who is listed in the National Registry of Certified Medical Examiners.



Drivers who are determined to be physically qualified are issued a Medical Examiner's Certificate which may be valid for a maximum of 24 months (two years). Medical Examiners may issue certificates for shorter periods of time, as short as one month, if a driver has a chronic condition that requires monitoring and follow up.

A chronic medical condition will not automatically disqualify a driver, especially if the problem is being properly controlled and monitored by a health care provider. Some examples of conditions that need to be properly addressed in order not to cause disqualification include:

- Vision impairment (that can be corrected with proper lenses);
- Diabetes (not insulin dependent);
- Heart issues (past heart attack(s), stent(s), arrhythmia, etc);
- Sleep apnea; and
- Mental Health issues (depression, panic, anxiety, etc).

To help facilitate successful outcomes, drivers should make sure they bring any relevant medical devices (eye glasses, hearing aids, etc) to their appointments. Drivers may need to secure additional records from their primary care physician or treating specialists in advance of a DOT visit to possibly avoid disqualification.

Additional information can be found on the FMCSA website:

**<http://www.fmcsa.dot.gov/regulations/medical>**

Some illnesses and conditions that could lead to disqualification include:

- Insulin dependent diabetes;
- Seizure disorders;
- Impaired vision or loss of vision in one eye;
- Loss of use or loss of a foot, leg, arm, or hand (some drivers may apply for an exemption in the form of a Skill Performance Evaluation certificate); or
- Alcohol abuse or use of any narcotic or drug.

## Why choose IMA for your Commercial Driver or DOT Physical Exam?

- IMA's Medical Examiners are Certified. Find our providers in the National Registry:  
<https://nationalregistry.fmcsa.dot.gov>
- IMA has experience. We have been performing DOT exams for over 30 years.
- Our primary facility is conveniently located near 690 Teall Ave entrance and exit ramps. Facility is open Monday through Friday from 7 am to 5 pm. Parking is available for tractor trailers.
- IMA can perform ancillary testing that may be needed such as audiograms, Hemoglobin A1C, etc.
- IMA can assist with finding the right specialist if a referral is needed.
- IMA issues Medical Examiners' Certificates as convenient wallet-size cards that can also be laminated for durability if the driver prefers.

### Questions? Want to learn more?

Contact the IMA Marketing team  
at 315-478-1977  
ext. 247 for Tim or  
ext. 238 for Michelle

# About IMA

IMA is an occupational healthcare medical practice. We promote the health and productivity of workers through the prevention and management of job related and environmental injury, illness and disability. IMA is the only medical facility in Central New York devoted exclusively to providing comprehensive occupational medical services to business, industry, educational facilities and municipalities.

Physician-owned, we maintain three convenient facilities to meet the unique and changing workforce needs of our customers and communities. IMA has more than thirty years experience providing our clients with the highest quality occupational healthcare services.



**Industrial Medical Associates, P.C.**

961 Canal St  
Syracuse, NY 13210  
(315) 478-1977

[www.industrialmedical.com](http://www.industrialmedical.com)

# Industrial Medical Associates, PC

## LOCATIONS

- 1** Main Office  
[DOT Physicals performed here]  
*full service occupational healthcare facility*  
961 Canal St.  
Syracuse, NY 13210
- 2** Substance Abuse Testing Office  
*dedicated substance abuse testing facility*  
151 Lawrence Rd East  
North Syracuse, NY 13212
- 3** Physical Therapy Center  
222 Teal Ave, Suite 100  
Syracuse, NY 13210



[www.industrialmedical.com](http://www.industrialmedical.com)



*A Healthy Business Depends on the Health of Its Workforce*



**DOT PHYSICAL EXAMS  
FOR  
COMMERCIAL DRIVERS**

**provided by**

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