



Checklist for Driving Examinations

Commercial and School Bus Drivers:
Come prepared so that your clearance is not delayed!



Plan ahead!

Contact Workplace Health to schedule an appointment at least one month prior to your driving expiration.

Please, bring the following items with you to your examination:

- Your most-recent driver's medical card if you have one.
- Glasses, contacts lenses, and hearing aids if you use them for any reason.
- A list of all your current medications, doses, prescribing physician and address of practice.
- If you have diabetes**, results of Hemoglobin A1C for the year prior to your examination and a letter from your treating provider indicating that you are safe to drive. Call your doctor's office if necessary to get the data.
- If you have sleep apnea and use CPAP**, bring a log of your CPAP use for the past 3 months to a year.
- If you have had a heart attack or underwent a coronary bypass operation**, bring a report of your last stress (treadmill) test and echocardiogram (heart sonogram) if you have had them, and letter from your cardiologist indicating that you are safe to drive
- If you've had a stroke, brain tumor, or seizures**, please bring a letter from your neurologist indicating that you are safe to drive.
- If you take blood thinner (Coumadin or warfarin) medications**, you must bring printouts of the results INR testing for the year prior to your examination
- Any driving waivers or exemptions** (for example, for vision, insulin use, or amputations).

This guide for Commercial Drivers and School Bus Drivers is meant to help you come to your physical examination prepared. If you are uncertain that you will meet the physical requirements for your commercial or bus driver examination, consider contacting us at Workplace Health or discussing issues of concern in this guide with your primary care/treating provider **before** your examination with us.

Thank you!

For more information about physical requirements for drivers from the Federal Motor Carrier Safety Administration, visit <http://www.fmcsa.dot.gov/regulations/title49/section/391.41> or <http://www.fmcsa.dot.gov/regulations/medical/fmcsa-medical-examiner-handbook>

For more information about the Maine School Bus Driver requirements, visit the Maine Department of Education drivers' webpage <http://www.maine.gov/education/const/trans/BusDrivers.html>

Call us if you have questions:

15 Enterprise Dr., Augusta, Maine ~ 207-621-7550

149 North St., Waterville, Maine ~ 207-872-4260

<https://workplacehealth.mainegeneral.org>

