

Summary of the physical you will be taking during the pre-hire process:

Based on DOT/FMCSR regulations/recommendations and the essential job functions of a driver at TMC we would like you to understand the process so you can come better prepared.

- You will be taking a physical. The physical is not only designed to meet minimum DOT/FMCSR requirements/recommendations, but it is also designed to meet the essential job functions of a driver's position at TMC.
- Medications – It is possible that the physician may require documentation pertaining to your medication and the diagnosis that required that medication based on DOT/FMCSR regulations/recommendations. The process is quicker if you know your physician's name, phone and fax numbers prior to attending orientation in case this information is inquired of by the physician performing the physical.
- Hernias/injuries/surgeries – These situations could restrict you in performing the essential functions of the job. If you had any surgeries or medical problems that might prohibit you from performing the job then the physician may require you to provide documentation from your surgeon. Your surgeon may be required to complete a form identifying any physical limitations you may or may not have in performing the job. If you have an existing hernia that has not been repaired then it is almost certain that you will not pass the physical until it is repaired.
- Cardiovascular – The DOT/FMCSR regulations/recommendations are very specific and normally require a stress test annually after a cardiac event. The process will be faster if you know your physician's name, phone and fax numbers in case the physician performing the physical has any follow up questions. (They need annual cardiologist reports which may require studies to show ejection fractions along with medication tolerance. Depending on your condition will determine how often stress tests are needed.)
- Sleep Apnea – If you have been diagnosed with sleep apnea the DOT/FMCSR regulations/recommendations require an annual study to show that you have no problems during the daytime and that you are using your machine as instructed.
- Blood pressure – If your blood pressure exceeds the 159/99 mark, then based on DOT/FMCSR regulations/recommendations you will be required to see your physician to get your blood pressure under control before you can operate a vehicle requiring a CDL.
- Sugar/protein/blood in urine – If levels of these are above normal you may be required to see your physician due to DOT/FMCSR regulations/recommendations.
- Vision – Your vision must be correctable to no worse than 20/40 in each eye separately due to DOT/FMCSR regulations/recommendations.
- Hearing – If you suffer from any type of hearing loss the physician may require that you take an audio exam at your cost. If you wear hearing aids then you need to make sure you meet the DOT/FMCSR regulations by carrying spare batteries. You may also be required to provide audiogram results with your hearing aids in place.
- Psychiatric disorders – If you have been diagnosed with depression, anxiety, bi-polar, etc, then your physician will be required to complete a form for us based on DOT/FMCSR regulations/recommendations. Be sure and let your recruiter know ahead of time so we can get this completed prior to you taking the physical in orientation.

We recommend that you visit the [load securement page](#) of the TMC Training Centers web site which includes a visual list of the essential job functions of a TMC driver as well as a brief video of the load securement program.