

Joel Schwartz DC CME DACNB  
Certified Medical Examiner  
National Registry Number: 3457950236  
365 Spotswood Englishtown Rd  
Monroe Township, NJ 08831  
Phone: (732) 698-7151  
Fax: (732) 698-7609  
Email: doctorj2@comcast.net

### Medical Release Form for CMV Driver

Physician Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_ Fax: \_\_\_\_\_

Patient/ Driver's Name \_\_\_\_\_

Date of Birth \_\_\_\_\_ Date of Last Office Visit \_\_\_\_\_

Medical Condition (s): \_\_\_\_\_

\_\_\_\_\_

Diagnoses \_\_\_\_\_

Treatment (Medications etc.) \_\_\_\_\_

\_\_\_\_\_

Has treatment been shown to be adequate, effective and safe? Yes \_\_\_ No \_\_\_

Is the driver's condition stable enough for him/her to work as a CMV Driver? Yes \_\_\_ No \_\_\_ If not, when?

Is the driver released to operate a commercial motor vehicle? Yes \_\_\_ No \_\_\_

In decision making regarding the driver's ability to safely operate a CMV, it is highly suggested the physician read the attached job description of a CMV driver and compare to it the individual driver's stated responsibilities.

Physician Signature \_\_\_\_\_

Date \_\_\_\_\_

Please fax this form to the medical examiner

## **Professional Driving Job Description: Physical and Cognitive Demands**

### **Types of Routes**

Short routes allow the driver to return home each evening. However, some types of routes may require the driver to drive continuously for 9 to 11 hours followed by a 10 hour off duty period. A straight through or cross country route may require the driver to spend a month on the road. He or she may sleep in the truck. These types of routes can be very stressful.

### **Schedules**

Rotating work schedules, abrupt changes in schedule, and day and night driving can be fatiguing and stressful. There can be a lack of social support due to long hours spent away from friends and family.

### **Environment**

The driver may be exposed to adverse road and traffic conditions, extremes in temperature and weather, and excessive vehicle noise and vibration.

### **Types of Cargo**

The driver of a bus is responsible for passenger safety. This demands effective social skills. A truck driver is responsible for the cargo they are transporting. Loads can shift and some drivers transport hazardous materials, including explosives, flammables, and toxics. This increases the risk of injury and property damage extending beyond the accident site.

### **Staying Alert When Driving**

Sustained mental alertness and physical endurance is required. Fatigue or sudden incapacitating symptoms as a result of a medical condition can result in a serious accident. The driver must have an ability to problem solve, communicate, and make quick judgements in both normal and emergency situations. In addition the driver must be able to judge the maximum speed at which the vehicle can be controlled under changing road, weather, and traffic conditions.

### **Use of Side Mirrors**

Side mirrors are used by the driver to monitor traffic that can move into the blind spot as well as for backing up the vehicle. Sufficient neck range of motion is important for using the side mirrors.

### **Control steering wheel**

The larger steering wheels of large trucks and buses demand upper body strength and coordination.

### **Manipulate Dashboard Switches and Controls**

There are multiple dashboards, switches and knobs in these large trucks and buses. This requires adequate reach and prehension as well as proprioception and motor control.

**Shifting gears**

The manual transmission of a large truck may have 20 gears or more. This requires synchronization of both legs with the right arm and hand movements.

**Entering and exiting vehicle**

Entering and exit the vehicle may be similar to climbing a ladder

**Coupling and uncoupling the trailers**

This requires grip and upper body strength as well as range of motion and flexibility

**Loading, securing and unloading cargo**

Federal Motor Carrier Safety Administration (FMCSA) guidelines do not specify the number of pounds a driver must be able to lift. However, loading and unloading a truck can be a very vigorous activity.

**Performing vehicle checks**

Grip strength, upper and lower body strength, range of motion, balance, and flexibility are required to inspect the engine, brakes, and cargo. Vision and hearing are used to identify and interpret changes in vehicle performance.