

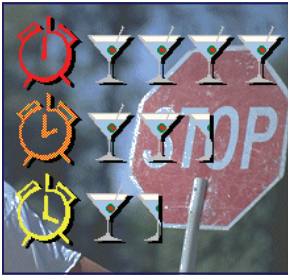
Safety Director's Notebook

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UNDER THE INFLUENCE

DEFINITION = Driving under the influence is operating a motor vehicle after consuming drugs, alcohol or other habit forming substances:

ALCOHOLIC BEVERAGES



Drunk driving is a major cause of fatal traffic crashes. The DOT has a zero tolerance level for drinking and driving. Adopt the following habits regarding drinking and driving:

1. Never drink and drive—even your personal vehicle.
2. If arrested you get fined and possibility lose your license.
3. Stop drinking 4 hours prior to operating a CMV.
4. Do not carry alcoholic beverages in the vehicle at any time.

DRUGS & NARCOTIC SUBSTANCES

Driving while under the influence of a controlled substance is forbidden under state and federal laws. The DOT has adopted regulations requiring CMV operators to participate in a Substance Abuse Testing Program. The following is a summary of this program:



1. Testing is done prior to employment, post accident, randomly and reasonable suspicion.
2. Results of a Positive Test can result in unemployment.
3. Accidents can result in loss of CDL as well as criminal charges.

PRESCRIPTION MEDICATIONS



Prescription drugs and over-the-counter medication can sometimes affect our ability to safely operate our CMV. While these drugs and medications are not regulated by the DOT, your ability to safely operate the CMV is. Consider the following if taking any of these drugs:

1. Ask your physician if you can safely operate a CMV while taking this medication.
2. Carry a copy of your prescription issued by the physician.
3. Keep this medication locked up and out of reach while operating the CMV.
4. Inform your employer of the prescription and medication and

that your physician has stated that it is safe for you to operate the CMV.

“SAFETY CAN BE A HABIT TOO”