



# MEL SAFETY INSTITUTE SHIFT BRIEFING

January 2108

## New Commercial Driver License Opioid Testing Regulations

Beginning January 1, 2018, The U.S. Department of Transportation (DOT) added Methylenedioxyamphetamine (MDA) and four semi-synthetic opioids to their drug-test panel for CDL drivers and safety sensitive employees

- Hydrocodone
- Oxycodone
- Hydromorphone
- Oxymorphone

Common names for these semi-synthetic opioids include OxyContin®, Percodan®, Percocet®, Vicodin®, Lortab®, Norco®, Dilaudid®, and Exalgo®. These new substances are in addition to marijuana, other opioids, amphetamines, and PCP. The changes are in response to the national opioid epidemic.

The changes are reflected in our Policy Manual. Our Manual is located **[WHERE]**

Remind CDL holders of the following drug and alcohol policies

- Alcohol may not be consumed 4 HOURS before reporting for duty. Please make sure you follow this when reporting for snow plowing and other emergencies.
  - Safety sensitive employees may never have a blood alcohol content above 0.04% when on duty.
- Marijuana use, including medical marijuana, is prohibited for CDL drivers.
- As a CDL driver, when prescribed a medication, you have an obligation to discuss with a physician the effect and possible side-effects of that medication when operating commercial motor vehicles (CMV). You also have an obligation to disclose to **[WHO in your organization]** that you are taking “a medication that may affect your ability to operate CMV” and that you have discussed this with the prescribing physician and you are cleared to perform safety sensitive functions such as driving, or that you were advised against performing safety sensitive functions.
  - It is the policy of this agency, when a prescribed drug is disclosed to us, we will **[FILL IN YOUR PROCEDURE FROM YOUR MANUAL]**
- As a CDL driver, you also have an obligation to be aware of how over-the-counter (OTC) medications can affect your ability to safely operate large vehicles. Many OTC medications include warnings against operating heavy equipment or ‘may cause drowsiness’. It is our policy: **[explain your policy]**

This lesson plan is intended for general information purposes only. It should not be construed as legal advice or legal opinion regarding any specific or factual situation. Always follow your organization's policies and procedures as presented by your manager or supervisor. For further information regarding this bulletin, please contact your Safety Director at 877.398.3046.



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1. OTC medication with such warnings be disclosed to **[WHO in your organization]**. A decision will be made how to handle the situation based on assignments, the individual's previous experience with the medication, and other relevant factors. Confidentiality is taken very seriously by this organization and will be maintained.
2. That drivers must evaluate themselves if they are able to safely report for duty.
  - However, if you are involved in an accident where you will be tested for controlled substances, **YOU** will be responsible for your actions.

Anyone can make a mistake and get themselves in a bad situation. Our agency has an Employee Assistance Program. If you need help, or think you may need help, contact **[WHO and how]**.

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