

HEALTH SCREENING SERVICES

To participate in the College of the Redwoods' Truck Driving program, you will be required to take a Department of Transportation (DOT) physical examination and provide the original results of the exam to the DMV. You will also be required to take a drug test on a specific date that will be provided in one of the Pre-Class meetings.

Physical Examination:

A Department of Transportation (DOT) physical examination is conducted by a licensed "medical examiner." The term includes, but is not limited to, doctors of medicine (MD), doctors of osteopathy (DO), physician assistants (PA), advanced practice nurses (APN), and doctors of chiropractic (DC).

You must see a doctor or chiropractor on the National Registry of Certified Medical Examiners. This can be your personal doctor if they are on the approved list. The following link will allow you to search for an approved examiner:

<https://nationalregistry.fmcsa.dot.gov/NRPublicUI/home.seam>

- Cost ranges from \$60 - \$200 depending on location.
- You will need to schedule an appointment for the physical examination with one of the providers on the National Registry of Certified Medical Examiners.
- If your sponsoring agency is paying for this expense, you will need to make arrangements with the office staff, Adult & Community Education.
- Form MCSA-5876 must be signed by a licensed "medical examiner" listed on the Federal Motor Carrier Safety Administration (FMCSA) National Registry.

The following are on the approved Federal Motor Carriers Safety Administration list:

Dr. Eric Wennerholm,
Doctor of Chiropractic
Accurate Testing Services
1459 Myrtle Ave.
Eureka, CA 8440
(707) 442-0881

Dr. Brian M. Boni, MD
Self
592 14th Street
Arcata, CA 95521
(707) 825-4907

Dr. John Disiere, MD
Occupational Environmental
Health Services
3116 Harrison Ave
Eureka, CA 95503
(707) 444-3885

Ms. Sarah Beach, Nurse Practitioner
Southern Humboldt Community Clinic
733 Cedar Street
Garberville, CA 95542
(707) 923-3925

Dr. Tracy Cole, Doctor of Chiropractic
Cole Chiropractic Clinic
785 E Washington Blvd. Suite 5
Crescent City, CA 95531
(707) 464-2921

Dr. Brian K. Bellinger, DC
Active Care Chiropractic
655 F Street
Arcata, CA 95521
(707) 822-2224

Dr. Alison M Palacios, MD
Six Rivers Medical Center
850 State HWY 96
Willow Creek, CA 95573
(530) 629-3116

A DOT physical exam is valid for up to 24 months. The medical examiner may also issue a medical examiner's certificate for less than 24 months when it is desirable to monitor a condition, such as high blood pressure.