

February 2010

Are You DOT Compliant?

Based on FMCSA enforcement data, violations of the drug and alcohol regulations are resulting in a significant number of fines, and are the most cited of all the Federal Motor Carrier Safety Regulations. The five drug and alcohol violations that were cited most frequently are:

Failure to perform a pre-employment drug test or use of an employee for safety-sensitive functions before having results of a pre-employment drug test.

Failure to implement a drug and alcohol testing program.

Failure to meet annual random drug testing rates.

Failing to meet the annual random alcohol testing rate.

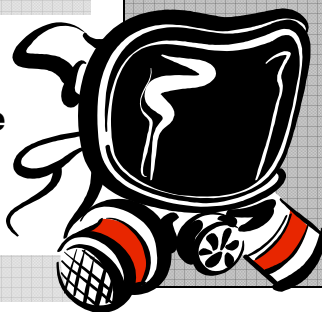
Allowing a driver to remain on duty or perform a safety sensitive function after he/she has tested positive or has adulterated or substituted a specimen for a drug test.

Source: JJ Keller & Associates

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How Does Your Respirator Fit You?

Since all respirators leak, a fit test is a procedure to either qualitatively (pass/fail) or quantitatively (actual numerical value) evaluate the fit of the respirator on the subject. Each department will have to choose a fit testing method. Both qualitative and quantitative methods have advantages and disadvantages. Qualitative (pass/fail) methods are inexpensive, fast, and easy to perform. Their disadvantages include a subjective response by the patient, variances in individual responses to the odor threshold screening, olfactory fatigue, and interference from colds and heavy smoking with the ability to smell/taste the test agents.

Advantages to quantitative methods include an objective response from the patient and hard copy printouts of the test response that can be maintained as permanent record of the test.

The disadvantages include the high cost of the testing equipment and associated incidentals, and the high fit factor calculated by the software may lead the wearer to a false sense of security.

www.americanairworks.com/fittesting

Sources of Help

When a worker has a problem with alcohol or drugs, company employee assistance or union member or labor assistance programs are generally the best places to turn for help since they provide confidential services. If these are not available, supervisors might want to consider calling a local drug and alcohol treatment provider who may be able to help determine whether some type of treatment intervention is advisable and, if so, how to get the worker to consider accepting help. Some free and confidential resources include:

Substance Abuse Treatment Locator

1-800-662-HELP

www.findtreatment.samhsa.gov

Alcoholics Anonymous (AA)

(212) 870-3400

www.aa.org

Narcotics Anonymous

(818) 773-9999

www.na.org

Al-Anon

1-888-4AL-ANON www.al-anon.alateen.org

National Council on Alcoholism and Drug Dependence Hopeline

1-800-NCA-CALL

www.ncadd.org

For more information, visit the U.S. Department of Labor's Working Partners for an Alcohol- and Drug-Free Workplace Web site. Located at

www.dol.gov/workingpartners

It helps employers establish drug-free workplace programs that protect worker safety and health.

This Fact Sheet is for educational purposes only and does not constitute legal advice or imply any regulatory requirement.