

Drive the 5

- D**istracted free
- R**ested and alert
- I**mpairment free
- V**ehicle maintained
- E**nvironment aware

Learn more at MyNSightOnline.com/DriveThe5

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Controlled substances

Clear-headed drivers are essential for road safety. Avoid substances that impair your ability to operate a commercial motor vehicle (CMV) safely.

1 Responsibility matters:

- Clear-headed drivers are vital for road safety.
- Despite its legal status in some states, marijuana remains a Schedule 1 drug for CMV drivers.
- CMV drivers must avoid consuming marijuana or its derivatives while operating a CMV, regardless of state laws allowing personal use for recreational or medicinal purposes.

2 Marijuana metabolites:

- Metabolites from marijuana use can linger in the body for extended periods.
- These metabolites can be detected in DOT urine screens.

3 Positive test results:

- Testing positive leads to removal from safety-sensitive duties.
- A substance abuse professional (SAP) must clear you to return.
- Employers aren't obligated to provide SAP treatment.

4 National Drug and Alcohol Clearinghouse:

- All positive test results are recorded in this repository.
- Prospective employers check this database before hiring commercial drivers.

5 Legal implications:

- Remember that controlled substances are illegal.
- Criminal convictions related to possession can impact employment opportunities.