




Drive the 5

Impairment free

The following pages contain Action Card handouts drivers can keep in their vehicles for reference after corresponding toolbox talks. Please note the following for successful printing:

- Handouts are set as 4-up, with 4 cards per page
- Each page has visible crop marks, so a commercial printer can trim to a final size of 4.25” x 5.5”
- 4-color digital printing is recommended
- Print on durable card stock such as 60-80 lb. laser cover paper (matte)
- If printing on 8.5” x 11” sheets, make sure you are printing at 100%, center content and print double sided—do not scale to fit page
- Use the index below to determine the pages you would like to print—make sure you select BOTH pages for each subject

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 **For assistance with risk management services or safety resources, contact us at RMSolutions@nationwide.com or 1-800-260-1356.**

NationwideAgribusiness.com

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Alcohol

Clear-headed driving saves lives. When you're sober, your reactions are sharp, judgment is sound, and you protect yourself and others on the road.

1 Understanding alcohol:

- Alcohol is a **central nervous system depressant**.
- It **slows reaction times** and impairs judgment.
- Caffeinated drinks, water, or other remedies won't eliminate alcohol intoxication.

2 Pre-duty and on duty use:

- Avoid alcohol at least **four** hours before going on duty.
- **Zero alcohol concentration** while on duty.

3 No alcohol in your vehicle:

- **Never have alcohol** in your commercial motor vehicle (CMV) while on duty.

4 Alcohol concentration levels:

- Concentrations of **0.02 or greater but less than 0.04** lead to a **minimum 24-hour relief from duty**.
- **0.04 or higher** concentration is considered a **positive alcohol test**.
- This limit applies when **driving a CMV**, not a personal vehicle.

5 Consequences:

- **Treatment and additional testing** are required for a 0.04 level.
- If arrested, operating a CMV at this level can result in **suspension for one year**.

For further guidance, refer to Federal Motor Carrier Safety Administration 49 CFR Part 382 (ecfr.gov/current/title-49/part-382).



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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.

For further guidance, refer to Federal Motor Carrier Safety Administration 49 CFR Part 382 (ecfr.gov/current/title-49/part-382).



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OTC, prescribed drugs, and CBD oil



Clear-headed drivers are essential for road safety. Remember, responsible medication management ensures safer roads.

1 Over-the-counter (OTC) medications:

- As a driver, be aware of how OTC medications can affect your ability to drive safely.
- For instance, antihistamines used for allergies can cause drowsiness.

2 Prescribed drugs:

- If you're a commercial motor vehicle (CMV) operator, inform your medical practitioner about your status.
- Discuss the drug's effects and any potential limitations on driving.

3 Prescription medications:

- Always take prescribed medications as instructed by your doctor.
- **Avoid expired prescriptions:** Using outdated medications may alter their chemical composition, leading to unexpected results in drug tests.

4 CBD oil:

- Some states allow low-THC CBD oil, while others prohibit it.
- Using CBD oil with higher THC levels than allowed by law may result in a positive drug test.

5 DOT perspective:

- The Department of Transportation (DOT) doesn't recognize CBD oil as a valid medical explanation for positive drug tests.
- CBD oil can be classified as a Schedule I drug.

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