

DOT certification Exam Study Guide

LTCCS - large truck crash causation study, 2001-2003, reported in 2006

#1 cause of fatalities with big trucks? - driver fatigue

DOT organization - all subcategories are separate entities and require different things

What is covered in NRCME training? - federal motor carrier safety administration (FMCSA)

How long does NRCME certification last? - 10 years with a 5 year update class
once a driver is certified, what is the longest it lasts? - 2 years

SPE - skill performance evaluation

Three copies of driver's certificate: who gets them and who has original for how long? - driver, employer get copies
examiner keeps original for 3 years

Non discretionary standards - immediately DQ the driver, examiner MUST follow standards

discretionary guides/recommendations - limits steered by recommendations and examiners judgement

list the non discretionary DQers - Hx of epilepsy, failed hearing exam, failed Vx exam, active insulin dependent DM

who oversees medical certification process? - office of medical programs

how many X more is mortality rate for passenger vehicle vs large truck, in a crash between the two? - passenger vehicle 5X more likely to die

where are physical standards for drivers listed? - 49 CFR 391.41

define CMV - commercial motor vehicle: any self propelled or towed MV used on a highway in interstate commerce to transport passengers or property...10k lbs or more, 8+ passengers for \$\$, 15+ passengers not for \$\$, hazardous materials

where is CMV defined? - 40 CFR 390.5

where are medical examiner qualifications found? - 49 CFR 391.43

Where are general qualifications for CMV drivers found? - 49 CFR 391.11

Rockwell Certification Study Guide

Michael Meyers



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web mar 5 2019 obwohl noch nicht abschließend geklärt ist ob die stoffwechselrate stark beschleunigt wird haben einige untersuchungen bereits gezeigt dass intervallfasten einen positiven einfluss auf den

intervallfasten top oder flop bei diabetes Ärzte zeitung - Jun 01 2022

web aug 26 2020 intervallfasten ist populär und viele studiendaten sprechen für die anwendung bei typ 2 diabetes
allerdings könnte bei therapie mit insulin oder sulfonharnstoff das hypoglykämierisiko steigen