

Commercial Driver's License (CDL) Essential Functions

Program Overview: Federal safety-sensitive transport operations, mechanical inspections, commercial vehicle driving control, and Department of Transportation (DOT) compliance standards.

Domain	Technical Standard Definition	Contextual Classroom / Lab / Field Examples
Physical & Motor Skills	Deploy full body mobility, heavy lifting capacities, and muscular power to control large vehicle configurations.	• Cab Entry/Exit: Climb into or down from tall driver cabs (4 to 5 feet off the ground) using a mandatory three-point hand-and-foot stance. • Heavy Lifting: Lift, slide, and position heavy tire chains, manage cargo items, and pull open heavy truck hoods weighing 50–80 lbs. • Coupling Mechanics: Turn stiff landing gear cranks against heavy resistance and apply significant pulling power to release the fifth-wheel locking pin. • Underside Inspection: Bend, crouch, kneel, and crawl under trailers to examine low brakes, slack adjusters, and suspension components. • Steering Mechanics: Use full upper-limb range of motion and tight hand grip strength to guide large steering wheels and move stiff manual gear shifts. • Pedal Operation: Press down and actuate stiff floor clutch pedals requiring 40–60 lbs of pressure along with accelerator and air brake systems.

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Sensory & Medical (DOT Physical)	Satisfy mandatory biological baselines across vision, hearing, cardiorespiratory health, and neural stability under federal law.	• Distance Tracking: Discern road hazards and markers at a baseline distance profile of 20/40 acuity in each eye (with/without lenses). • Peripheral Awareness: Sense movement across a 70-degree arc horizontally in each eye to check blind spots without completely twisting the torso. • Color Differentiation: Differentiate and instantly respond to standard visual traffic indicator colors (Red, Green, Amber). • Auditory Tracking: Pass a "forced whisper" test by detecting spoken words from 5 feet away to spot horns or approaching trains. • Neurological Control: Free of clinical diagnoses of epilepsy or unpredictable conditions causing sudden loss of consciousness. • Vascular Health: Maintain clinically stable blood pressure metrics (typically below 140/90) to ensure safe long-haul operation.
Cognitive & Communication	Interpret traffic indicators, maintain focus over extended runs, and communicate language parameters clearly.	• English Language Rules: Read signs, explain logs, converse with the general public, and respond clearly to highway patrol officers in English. • Vigilance Retention: Maintain uninterrupted visual attention and cognitive alertness for up to 11 hours of driving without distraction. • Reaction Speeds: Activate muscles quickly to steer away from sudden lane violations or brake rapidly for unexpected road blocks.

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Drug & Alcohol Compliance	Adhere to zero-tolerance chemical restrictions and regular testing criteria under federal safety policies.	• Screening Compliance: Provide biological samples for random, pre-employment, and post-accident tests (detecting Marijuana, Cocaine, Opiates, Amphetamines, PCP). • Federal Precedence: Refrain entirely from using cannabis products; federal transportation bans remain absolute even with a valid medical card.

Institutional Accommodations & Universal Access Note

In accordance with Section 504 of the Rehabilitation Act of 1973 and the Americans with Disabilities Act (ADA), reasonable accommodations are provided to eligible students with documented physical, psychological, sensory, or learning disabilities.

To request accommodations, discuss environmental or instructional barriers, or obtain alternative format configurations of institutional materials, please coordinate directly with the specialized support office:

- Office of Disability Services (ODS): Student Life Center, Room S207
- Phone Contact: (540) 857-6488
- Institutional Email Portal: disabilityservices@viriniawestern.edu