



# Physical Exam Checklist

## NORFOLK SOUTHERN PHYSICAL EXAMINATION REQUIREMENTS

*{NS employee: please take this checklist with you and give it to the NS approved facility conducting your examination. For exam questions, call 800-552-2306.}*

### **INITIAL CERTIFICATION PHYSICAL FOR:**

#### **■ NON-CDL DRIVER (10,001 – 26,000 LBS VEHICLE)**

**(THIS APPLIES ONLY TO A CURRENT CONRAIL EMPLOYEE, NOT JOB OFFEREE)**

The employee should have the following forms:

- MED15**
- MED14**
- CDL Form 11512-2 FMCSA**
- CDL Card Form 11512-1 FMCSA**

The following are the components for the above listed physical examination:

- Medical History**
- Physical Exam (includes Blood Pressure, Pulse, Height , Weight)**
- Vision**
  - **Distant (each eye, uncorrected and corrected)**
  - **Color (Ishihara or Titmus)**
  - **Field of Vision**
  - **NOTE: Near vision and depth perception testing are not required.**
- Audiogram**
- Urine dipstick for glucose, blood and protein**
- Company Policy non-regulated urine drug screen (split collection)**

The following exam components/tests are **not a required part of the exam.**

- ❖ Rectum and prostate exam
- ❖ Stool test (blood) and digital rectal exam

Upon completion of the exam:

- Provide employee with the **Work Status Report** (p. 4 of MED15 Form).
- Fax copy of CDL Form (11512), CDL Card, pp. 1-3 of MED15 Form, and MED14 Form to: 678-512-5090.
- Fax copy of the Custody and Control Form to: 678-512-5056.
- Mail original CDL Form (11512) and CDL Card to NS Medical Dept at Three Commercial Place, Norfolk, VA 23510-9202.