

COURSE OUTLINE

Substance Abuse and Misuse – DOT | 6 hours

- Safety Sensitive Employees
 - SS.1 – What is Substance Abuse
 - SS.2 | DOT Drug and Alcohol Testing Overview
 - SS. 3 | What is Part 40
 - SS.4 | Prohibited Conduct
 - SS.5 | Common Drug Panel Tests
 - SS.6 | When will you get tested
 - SS.7 | Drug Testing
 - SS.8 | Alcohol Testing
 - SS.9 | Refusal to Test
 - SS.10 | Removal from Safety Sensitive Duties
 - SS.11 | DOT Return to Duty
 - SS.12 – Treatment, Prevention and Confidentiality –
 - RSA.1 | Terrifying Video of Drunk Truck Driver
 - Safety Sensitive Employee (8/22)
- A1 – Addiction –
 - A1.1 – What is addiction –
 - A1.2 – Why do our brains get addicted?
 - A1.3 – Substance Abuse and Misuse Who Suffers
 - A1.4 – Is it a Choice –
 - A1.5 – Video: Why Addiction is Not a Choice
 - A1.6 – Risk and Protection –
 - A1.7 – Biological Factors –
 - A1.8 – Video: Rewriting the Story of My Addiction
 - A1.10 – Driver in 101 big-rig wreck was 5 times the DUI limit
 - A1 – Driver in 101 big-rig wreck was 5 times the DUI limit-(08/22)
- C1 – Commonly Misused Drugs
 - C1.1 – Marijuana (Cannabis)
 - C1.2 – Cannabidiol (CBD)
 - C1.3 – Video: CBD oil
 - C1.0 – CBD Is Everywhere
 - C1.5 – Cocaine
 - C1.6 – Heroin
 - C1.7 – Hallucinogens and Dissociative Drugs
 - C1.8 – Inhalants
 - C1.9 – MDMA (Ecstasy/Molly)
 - C1.14 – Methamphetamine
 - C1.10 – Synthetic Cathinones (Bath Salts)
 - C1.11 – Opioids
 - C1.13 – Drugs (8/22)
 - C1.14 – Commonly Misused Drugs (8/22/)
 - C1.12 – CBD (8/22)

Alcohol

- H1.1 – Effects on the Body –
- H1.2 – Video: What Alcohol Does to Your Body
- H1.3 – Fetal Alcohol Exposure –
- H1.5 – Alcohol Use Disorder –
- H1.5 – Alcohol Use Disorder (8/22)

Q1 – Consequences –

- Q1.2 – Infectious Diseases, Cancer, Cardiovascular –
- Q1.3 – Respiratory Effects –
- Q1.4 – Neurological, Hormonal, Prenatal, Mental... –
- D1.8 – Drugged Driving –
- D1 – Drugged Driving (8/22)
- Q1 – Consequences (8/22)

Special Populations –

- P1. 1 – Older Adults
- P1. 2 – Prison, Military, LGBTQ and Women Populations –
- P1. 4 – Special Populations (8/22)

Prevention, Treatment, Recovery –

- P1.1 – Prevention –
- P1.2 – Video: Let's quit abusing drug users
- P1.3 – Prevention Alcohol –
- P1.4 – What is Treatment –
- P1.5 – Video: What physicians should know about addiction and recovery: Michelle
- P1.6 – Treatment Options –
- C126.4 – How to Find Treatment –
- C126.3 – Video: What Physicians Should Know About Addiction and Recovery – George
- C126.5 – Recovery and Relapse
- C127.5 Video: Be Recovered: Breaking free from the Disease of Addiction
- P1.2 – Prevention (8/22)
- Post Test (9/23)