

# COURSE OUTLINE

Cannabis – Marijuana, THC, CBD, Synthetics – DOT | 4 Hours

## C1 – Cannabis – This Is For You

- C16.1 – Not Knowing Is Not An Excuse
- C16.2 – Sometimes All It Takes Is A Single Incident
- C16.4 – Supreme Court Sides Driver in CBD Oil Case

## C2 – Cannabis – the Basics

- C26.0 | Let's Learn Some Cannabis Terms & Definitions
- C26.1 | Interesting Facts About Cannabis
- C26.2 – A Brief History of Cannabis
- C26.4 – Types of Cannabis
- C26.5.1 – Understanding Delta-8 and Delta-9 THC\*
- C26.6 – Better Buns
- C26.7 – What is Cannabis
- RSA.1 | Terrifying Video of Drunk Truck Driver

## C3 – Cannabis – the Histories

- C36.1 – Trends in History
- C36.3 – Federal Government's Stance on Safety
- C36.5 – Real Life – Why I Quit – Miley Cyrus
- C36.6 – Quiz – The History of Cannabis

## C4 – Cannabis Past And Present

- C46.1 – Changes in Cannabis
- C46.2- Changes in Cannabis
- C46.3 – Changes to Cannabis – CBD
- C46.4 – Real Life – Why I Quit – Brad Pitt
- C46.6 – Quiz – Changes in Cannabis over the last 30 years

## C5 – Finding The Truth – Why People Use Cannabis

- C56.3 – Finding the Truth – Social Use
- C56.5 – Finding The Truth – Medical Use
- C56.4 – Finding The Truth – Personal “Adult” Use
- C56.6 – Finding the Truth – To Summarize
- C56.8 – Why I Quit – Lady Gaga
- C56.9 – Finding The Truth – Pause, Reflect, Respond
- C56.8 – Finding The Truth

## C6 – Methods of Use – Objectives and Terms

- C66.1 – Methods of Use – Inhalation
- C66.2 – Method of Use: Oral Ingestion & Sublingual
- C66.3 – Method of Use – Topical
- C66.6 – Quiz – Method of Use

## C7 – Cannabis the Science

- C76.1 – The Science – THC versus CBD
- C76.2 – The Science – The Brain on THC
- C76.3 – The Science – The Body on THC
- C76.6 – Quiz – The Science

## C8 – Cannabis Effects

- C86.1 – Effects of Marijuana Use on Physical Health – Respiratory System
- C86.3 – Effects – Circulatory System
- C86.4 – Effects – Central Nervous System
- C86.5 – Effects: Digestive System
- C86.7 – Effects Immune System
- C86.8 – Effects – Reproductive System
- C96.1 -Effects – Mental Health
- C86.11 – Effect – Pause, Reflect, Respond – Physical Health Effects
- C86.11 – Effects of Cannabis (8/22)

## C10 – Effects of Cannabis On the Job

- C106.1 – Impairment
- C106.2 – Many Drivers Never Return To Work
- C106.3 – What Does The Law Say
- C106.4 – The Law, Employees, & Employers
- C106.5 – Effects Job – Pause, Reflect, Respond
- C106.6 – Effects On the Job (8/22)

## C11 – CBD

- C116.1 – Learning the Language
- C116.2 – So What is Marijuana And What is Cannabis?
- C116.3 – Let's Visualize
- C116.4 – CBD Basics
- C116.8 – How is CBD used?
- C116.10 – Side Effects of CBD
- C116.12 – CBD And THC Approved Medications
- C116.13 – FDA Warnings
- C116.14 – Selling CBD
- C116.15 – Video: Amazon prohibits CBD sales
- C116.16 – CBD Mislabeling and Contamination
- C116.17 – Operation CBDDeceit
- C116.18 – Risks Of CBD
- C116.22 – CBD Stories – A Trucker, Train Engineer and Flight Attendant
- C1.0 – CBD Is Everywhere
- C116.23 – CBD
- Safety Sensitive Employees
  - SS.0 – Regulatory Update: Marijuana Rescheduling
  - 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.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 –

SS.5 | Common Drug Panel Tests

C12 – Prevention and Treatment

C126.1 – Self-Diagnosing For Cannabis Use Disorder

C126.2 – Psychiatric Times Case Study

C126.4 – How to Find Treatment –

C126.5 – Recovery and Relapse

C126.6- References and Resources

Cannabis – Post Test