



PLEASE READ ALL 3 PAGES OF THE ORIENTATION SHEET.

NOTE: Miller Truck Lines orientation is held at our sister-company Paul Transportation. Please bring all Medications to Orientation – See guidelines ON PAGE 3 regarding DOT Physicals and Medications.

Paul Transportation (Orientation Location)

15202 E. Admiral PI
Tulsa, OK 74116

What to Expect during Orientation:

Orientation lasts four full days. Once hired and seated on a truck, you will receive a Comcheck for \$250.00.

Motel 6

18715 E. Admiral PI
Catoosa, OK 74146
Phone: (918) 739-4855

Breakfast service is a Grab and Go Breakfast
Breakfast service is available at 6 a.m.

Any guest who smokes in a guest room will be charged \$250.00 daily fee for smoking anything in the guest room. This includes vaping and or any fumes from incense etc.

The Motel 6 shuttle is ONLY used to transport drivers to the Airport and Bus Station for pick-ups and drops off.

All drivers will share a room at the hotel. You can request to have your own room before you arrive to orientation at the rate of \$23.00/day. You must provide your personal credit card upon arrival for your portion of the hotel expenses. The hotel will hold \$23.00 (times) the number of days you are projected to stay at the hotel. The hotel will not hold a security deposit. **Paul will pay \$23.00 to cover the other half of the hotel fee if you choose to have your own room.** Please advise your recruiter of this when they book your travel for the weekend so they can inform the hotel. Please secure any possessions as Paul is not responsible for anything lost or stolen.

PLEASE CHECK OUT OF THE HOTEL UPON COMPLETING ORIENTATION.

MONDAY: If you are driving to orientation, please arrive at Paul Transportation at 7:30 am. If you are staying at the hotel, the Paul Transportation van will be at hotel at 7:15 a.m., meet in the lobby by 7:10 a.m.; The DOT physical, pre-employment drug screens, and Base Line Testing will take place onsite at Paul Transportation,. For any last minute questions or issues please contact our Orientation director Danny Crockett @ 918-232-3715



Please bring:

- Class A CDL
- Social Security card or certified copy of birth certificate
- TWIC card, if you possess one
- Voided check for payroll and/or direct deposit information
- DD214 if you have served in the military in the last 10 years
- **1 pair of long pants, 1 long sleeved shirt, gloves and steel toed boots must be in the truck at all times.**
- Loose fitting shorts for EFA baseline testing (company drivers only)
- If you have been issued a CPAP, you will need to bring 30 day readout with you to orientation in order to receive your medical card.
- If you have laptop, tablet, phone, earbuds, please bring with you. You can use to complete driver required online videos.
- Money for Personal Use - Money for dinner for the 4 days of orientation
- Existing bank account or prepaid debit card that can be used in place of a bank account for your payroll

Lunch will be provided throughout the week. Breakfast should be eaten at the hotel before getting on the shuttle

Sign-on bonus for OTR drivers \$1,000.00 paid to you \$250.00 the 1st paycheck, \$250.00 the second paycheck, \$250.00 in 90 days, and \$250.00 in 120 days. Sign on Bonus for Local positions is \$500.00 paid to you \$250.00 on the 1st pay check and \$250.00 on 2nd pay check.

Load Secure training is \$50.00 daily up to 5 days. Any day spent at the hotel and not in load securement training over the weekend, you will receive \$25.00 each day.



Tips on passing the DOT Physical - We highly recommend that you limit your intake of the following prior to testing:

Coffee

Tea

Soda or any highly caffeinated beverages

Energy drinks

More than 25 mg intake of caffeine may elevate both your heart rate and blood pressure which will have detrimental effects on your testing results.

DOT Physical Requirement

Medication must be on the DOT Approved Medication List

Respiratory, cardiac, medical history and medications screening

Vision – must be corrected at least 20/40 or better in right, left and both eyes together

Hearing test – must first perceive a forced whispered voice in the better ear at not less than 5 feet with or without the use of a hearing aid or, if tested by use of an audiometric device does not have an average hearing loss in the better ear greater than 40 decibels at 500Hz, 1000Hz and 2000Hz with or without a hearing aid. A letter from the audiologist may be required with the testing of the audiometric device testing.

Diabetes - must have blood glucose level results of 150 or below if high glucose contents are revealed in the urine collection.

Heart Attacks - Must bring letter from cardiologist that you are clear to drive and bring most recent stress test results

Strokes – cannot have a stroke in the last 12 months. Must bring letter from Neurologist with no restrictions if stroke is older than 12 months and pass a skill test in a CMV.

Sleep Apnea – Must bring letter from physician stating you are compliant with Sleep Apnea. Most recent reading in the last 30 days must show 70% compliant and sleep apnea machine must show 21 days usage out of 30 days with a minimum of 4 hours usage each of the 21 times.

The Miller Truck Lines Team appreciates the opportunity you have given us to work with you. We are excited to see you in orientation Monday. If you have any questions, please contact your recruiter as listed below or send an email to recruiter@paulinc.com.