

ORIENTATION INFORMATION

WHERE YOU'LL BE STAYING:

Comfort Inn & Suites

6101 St Hwy 66/New Sapulpa Road

Tulsa, OK 74131

Phone: 918-728-6100

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

Breakfast is available from 6am – 9am

Lunch will be provided throughout the week.

ORIENTATION LOCATION

Miller Truck Lines, LLC

4230 S. Elwood Avenue

Tulsa, OK 74107

Phone: 918-447-2162

SCHEDULE: If you are driving to orientation, arrive at Miller Truck Lines at 7:30 am. If you are staying at the hotel, the Miller van will be at the hotel at 7:15 a.m., meet in the lobby by 7:10 a.m., you will be transported to the DOT physical and pre-employment drug screen medical facility and then on to Miller Truck Lines.

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 or existing bank account or prepaid debit card that can be used in place of a bank account for your payroll
- DD214 if you have served in the military in the last 10 years
- If you have been issued a CPAP, you will need to bring 30-day readout to receive your medical card.
- If you have laptop, tablet, phone, earbuds, bring with you (these items will provide you an option to complete driver required online videos)
- Money for Personal Use – Money for dinner for the 3-4 days of orientation
- **NOTE: 1 pair of long pants, 1 long sleeved shirt, gloves and steel toed boots must always be available.**

DOT PHYSICAL

Recommendations prior to DOT Physical:

- Limit intake of caffeine (coffee, tea, soda or energy drinks, any highly caffeinated beverages)

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

Medication must be on the DOT Approved Medication List

Please bring all Medications to Orientation.

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 Attack – Must bring letter from cardiologist that you are qualified & released to drive and bring most recent stress test results

Stroke – 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. We are excited to see you in orientation. If you have any questions, please contact your recruiter – 918-447-2162.