



State of Maine  
 Secretary of State  
**Bureau of Motor Vehicles**  
**CDL Compliance Unit**

CDL Medical Self-Certification Form

Name of Driver: \_\_\_\_\_ ME Lic #: \_\_\_\_\_  
 (Please print)

**I certify that I meet the following medical requirements contained in Section 391 of the Federal Motor Carrier Safety Regulations (FMCSR).**

**Please check only one of the following Self-Certification driving types that apply to you.**

- Non-excepted Interstate:** I operate or expect to operate in interstate commerce. I am subject to and meet the medical qualification requirements in FMCSR section 391 and required to obtain a medical examiner’s certificate. **A valid medical certificate must accompany this form.**
- Excepted Interstate:** I operate or expect to operate in interstate commerce, but engage exclusively in transportation or operations excepted from FMCSR section 391 and therefore not required to obtain a medical examiner’s certificate. *Examples include: school bus operations, fire trucks & rescue vehicles, transportation by Federal or State government, transportation of human corpses or sick and injured persons. For a complete list of operations excepted see 49 CFR 390.3(f), 391.2, 391.68 or 398.3.*
- \*Non-excepted Intrastate:** I certify that I operate only in intrastate commerce and am subject to State driver qualification requirements. **A valid medical certificate must accompany this form.** There are no exemptions for motor carriers, vehicles, or drivers transporting hazardous materials of a type or quantity that requires the vehicle to be marked or placarded in accordance with 49 CFR, Subchapter C, Pt. 172. *Example: Oil Truck Drivers.*
- \*Excepted Intrastate:** I certify that I operate in intrastate commerce but engage exclusively in transportation or operations excepted from all or parts of the State driver qualification requirements. *Example: Drivers that operate less than 100 air miles from their regular place of business.*

**Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Telephone Number:** \_\_\_\_\_

**Please submit the form in one of the following ways:**

- Mail to: Bureau of Motor Vehicles  
 CDL Compliance Unit  
 29 State House Station  
 Augusta, ME 04333-0029
- Fax: (207) 624-9339
- E-mail: [cdlcompliance.BMV@maine.gov](mailto:cdlcompliance.BMV@maine.gov) (must be scanned as a word document or PDF)
- Give to Customer Service Representative in any [Branch Office](#) or mobile unit location. For a complete list of locations visit: <http://www.maine.gov/sos/bmv/locations/index.html>

If you need further assistance, call (207) 624-9000 ext. 52126.

### **Non-excepted Interstate:**

A person must certify that he or she operates or expects to operate in interstate commerce, is both subject to and meets the qualification requirements under 49 CFR part 391, and *is required to obtain a medical examiner's certificate* by §391.45 of this chapter;

- This includes the Federal Special Performance Evaluation (SPE), diabetes and vision variances

### **Excepted Interstate (Exemptions):**

- **Farm custom operation.** The rules in this part do not apply to a driver who drives a commercial motor vehicle controlled and operated by a person engaged in custom-harvesting operations, if the commercial motor vehicle is used to-
  - ❖ Transport farm machinery, supplies, or both to or from a farm for custom-harvesting operations on a farm; or
  - ❖ Transport custom-harvested crops to storage or market.
- **Apiarian industries.** The rules in this part do not apply to a driver who is operating a commercial motor vehicle controlled and operated by a beekeeper engaged in the seasonal transportation of bees.
- **Certain farm vehicle drivers.** The rules in this part do not apply to a farm vehicle driver except a farm vehicle driver who drives an articulated (combination) commercial motor vehicle as defined in §390.5 (For limited exemptions for farm vehicle drivers of articulated commercial motor vehicles see §391.67)
- **All School bus operations**
- **Transportation performed by the Federal government or State**
- **Occasional transportation of personal property**
- **Transportation of human corpses or sick and injured persons**
- **Fire trucks and rescue vehicles**
- **Commercial motor vehicles designed or used to transport between 9 and 15 passengers** (including the driver)
- **Commercial motor vehicle used primarily in the transportation of propane winter heating fuel**

### **Non-Excepted Intrastate:**

Is a driver who meets the physical qualifications of 49 CFR, section 391 and is required to obtain a medical examiner's certificate, where the point of origin and destination are totally within one state and no state line or international boundary is crossed. There are no exemptions for motor carriers, vehicles, or drivers transporting hazardous materials of a type or quantity that requires the vehicle to be marked or placarded in accordance with 49 CFR, Subchapter C, Pt. 172.

- Oil truck drivers

### **Excepted Intrastate:**

Intrastate motor carriers, vehicles, and drivers that operate less than 100 air miles from their regular place of business are exempt from 49 CFR Pt. 395.

- \* **Intrastate self -certifications require a "K" restriction on both the driving credential and driver's motor vehicle record. This requirement is mandated by Federal Motor Carrier Safety Regulation 383.153.**

### **Commercial motor vehicle:**

"Commercial motor vehicle" means any self-propelled or towed motor vehicle used on a highway in interstate or intrastate commerce to transport passengers or property when the vehicle —

- Has a gross vehicle weight rating or gross combination weight rating, or gross vehicle weight or gross combination weight, of 4,536 kg (10,001 pounds) or more, whichever is greater; or
- Is designed or used to transport more than 8 passengers (including the driver) for compensation; or
- Is designed or used to transport more than 15 passengers, including the driver, and is not used to transport passengers for compensation; or
- Is used in transporting material found by the Secretary of Transportation to be hazardous under 49 U.S.C. 5103 and transported in a quantity requiring placarding under regulations prescribed by the Secretary under 49 CFR, subtitle B, chapter I, and subchapter C.

### **Interstate commerce**

Interstate commerce means trade, traffic, or transportation in the United States—

- Between a place in a State and a place outside of such State (including a place outside of the United States);
- Between two places in a State through another State or a place outside of the United States; or
- Between two places in a State as part of trade, traffic, or transportation originating or terminating outside the State or the United States.