

# FMCSA DOT Physical Medical Examiner Practice Test (Sample)

## Study Guide



**Everything you need from our exam experts!**

**This is a sample study guide. To access the full version with hundreds of questions,**

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# Introduction

Preparing for a certification exam can feel overwhelming, but with the right tools, it becomes an opportunity to build confidence, sharpen your skills, and move one step closer to your goals. At Examzify, we believe that effective exam preparation isn't just about memorization, it's about understanding the material, identifying knowledge gaps, and building the test-taking strategies that lead to success.

This guide was designed to help you do exactly that.

Whether you're preparing for a licensing exam, professional certification, or entry-level qualification, this book offers structured practice to reinforce key concepts. You'll find a wide range of multiple-choice questions, each followed by clear explanations to help you understand not just the right answer, but why it's correct.

The content in this guide is based on real-world exam objectives and aligned with the types of questions and topics commonly found on official tests. It's ideal for learners who want to:

- Practice answering questions under realistic conditions,
- Improve accuracy and speed,
- Review explanations to strengthen weak areas, and
- Approach the exam with greater confidence.

We recommend using this book not as a stand-alone study tool, but alongside other resources like flashcards, textbooks, or hands-on training. For best results, we recommend working through each question, reflecting on the explanation provided, and revisiting the topics that challenge you most.

Remember: successful test preparation isn't about getting every question right the first time, it's about learning from your mistakes and improving over time. Stay focused, trust the process, and know that every page you turn brings you closer to success.

Let's begin.

# How to Use This Guide

**This guide is designed to help you study more effectively and approach your exam with confidence. Whether you're reviewing for the first time or doing a final refresh, here's how to get the most out of your Examzify study guide:**

## 1. Start with a Diagnostic Review

**Skim through the questions to get a sense of what you know and what you need to focus on. Don't worry about getting everything right, your goal is to identify knowledge gaps early.**

## 2. Study in Short, Focused Sessions

**Break your study time into manageable blocks (e.g. 30 - 45 minutes). Review a handful of questions, reflect on the explanations, and take breaks to retain information better.**

## 3. Learn from the Explanations

**After answering a question, always read the explanation, even if you got it right. It reinforces key points, corrects misunderstandings, and teaches subtle distinctions between similar answers.**

## 4. Track Your Progress

**Use bookmarks or notes (if reading digitally) to mark difficult questions. Revisit these regularly and track improvements over time.**

## 5. Simulate the Real Exam

**Once you're comfortable, try taking a full set of questions without pausing. Set a timer and simulate test-day conditions to build confidence and time management skills.**

## 6. Repeat and Review

**Don't just study once, repetition builds retention. Re-attempt questions after a few days and revisit explanations to reinforce learning.**

## 7. Use Other Tools

**Pair this guide with other Examzify tools like flashcards, and digital practice tests to strengthen your preparation across formats.**

**There's no single right way to study, but consistent, thoughtful effort always wins. Use this guide flexibly — adapt the tips above to fit your pace and learning style. You've got this!**

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## **Questions**

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- 1. What does resting tachycardia indicate?**
  - A. Improvement of health conditions**
  - B. Sign of dehydration**
  - C. Importance of monitoring exertion effects**
  - D. Indicates overall physical fitness**
  
- 2. When is it advisable to get an eye consultation?**
  - A. Only after failing the vision test**
  - B. When there are any "yes" answers, history, symptoms, or underlying diseases**
  - C. Once every year, regardless of test results**
  - D. Only when symptoms arise**
  
- 3. What is the significance of having operated a CMV with a visual deficiency for a three-year period?**
  - A. It is a requirement for certification**
  - B. It supports eligibility for a vision exemption**
  - C. It demonstrates experience in driving**
  - D. It is irrelevant to the exemption application**
  
- 4. What should be included during the follow-up for a patient who is spilling glucose?**
  - A. A detailed dietary plan**
  - B. A follow-up with their primary care provider**
  - C. A referral to a nutritionist**
  - D. No follow-up is necessary**
  
- 5. What percentage of drivers with fewer than 10 years of experience are at risk for hypertension?**
  - A. 25%**
  - B. 29%**
  - C. 32%**
  - D. 39%**

**6. What HgbA1c value indicates a greater risk for hypoglycemia?**

- A. 5
- B. 6
- C. 7
- D. 9

**7. If a driver has diabetes and is not on insulin but their condition is not controlled, can they be qualified to drive?**

- A. Yes, they can be qualified
- B. No, they cannot be qualified
- C. Depends on their medical history
- D. Only with additional documentation

**8. If you do a determination pending, what do you set as the expiration date?**

- A. The date of the next scheduled appointment
- B. The date they return with required documentation
- C. The end of the month
- D. A date determined by the medical examiner

**9. What does a certification for "less than 6 METs" indicate regarding work capability?**

- A. Only light work is possible
- B. Heavy and very heavy work is possible
- C. Moderate work is possible
- D. Full work capacity including all types

**10. Which factor is critical to determine before certifying any driver?**

- A. The driver's age and experience
- B. The driver's vision status
- C. The effectiveness and safety of the treatment
- D. The driver's insurance coverage

## **Answers**

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1. C
2. B
3. B
4. B
5. B
6. D
7. B
8. B
9. A
10. C

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## **Explanations**

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## 1. What does resting tachycardia indicate?

- A. Improvement of health conditions
- B. Sign of dehydration
- C. Importance of monitoring exertion effects**
- D. Indicates overall physical fitness

Resting tachycardia refers to a heart rate that is elevated while at rest, typically defined as a resting heart rate over 100 beats per minute in adults. This condition can indicate various underlying factors, and understanding the context in which it occurs is crucial for assessing an individual's health and fitness level. Choosing to monitor the effects of exertion is particularly important because it helps in evaluating how the body responds to physical activity. Elevated heart rates during rest often signify that the cardiovascular system might be under stress or working harder than usual, which could be due to a number of reasons, including poor physical conditioning, dehydration, or other health concerns. By closely monitoring how resting heart rates change with different levels of exertion, healthcare providers can gain valuable insights into an individual's overall cardiovascular health and the impact of physical activity on their body. This emphasis on monitoring can facilitate timely interventions as necessary, thereby improving health outcomes. Understanding the body's responses is vital for creating effective training programs and ensuring safe participation in physical activities.

## 2. When is it advisable to get an eye consultation?

- A. Only after failing the vision test
- B. When there are any "yes" answers, history, symptoms, or underlying diseases**
- C. Once every year, regardless of test results
- D. Only when symptoms arise

It is advisable to get an eye consultation when there are any "yes" answers, along with a history of symptoms or underlying diseases. This approach allows for proactive management of potential vision issues, ensuring safety and compliance, especially for drivers who need to meet specific visual acuity standards as part of their medical assessments. Identifying risk factors, such as existing medical conditions that could impact vision (like diabetes or hypertension) or any reported symptoms (such as headaches, blurred vision, or difficulties seeing at night), is crucial for timely intervention. This helps in preventing complications and addressing any vision-related concerns before they escalate. Regular consultations based on medical history and specific symptoms can help in maintaining optimal eye health, which is essential for individuals whose professions involve driving and operating heavy machinery.

**3. What is the significance of having operated a CMV with a visual deficiency for a three-year period?**

- A. It is a requirement for certification**
- B. It supports eligibility for a vision exemption**
- C. It demonstrates experience in driving**
- D. It is irrelevant to the exemption application**

Having operated a commercial motor vehicle (CMV) with a visual deficiency for a three-year period is significant as it supports eligibility for a vision exemption. This duration of operation demonstrates that the driver has successfully managed the challenges associated with their visual deficiency while maintaining safety and compliance on the road. It indicates a level of competency and adaptation, which is crucial when considering whether the individual can safely operate a CMV despite the visual limitation. This history of safe driving can be pivotal in the exemption process, showing regulatory authorities that the driver has a proven track record of effective vehicle operation, thereby increasing their chances of receiving an exemption based on their unique situation.

**4. What should be included during the follow-up for a patient who is spilling glucose?**

- A. A detailed dietary plan**
- B. A follow-up with their primary care provider**
- C. A referral to a nutritionist**
- D. No follow-up is necessary**

Including follow-up with the primary care provider is essential for a patient who is spilling glucose, as this is often indicative of an underlying issue such as diabetes or impaired glucose metabolism. The primary care provider is equipped to assess the patient's overall health status, perform necessary tests, and develop an appropriate treatment plan tailored to the individual. This may involve monitoring blood sugar levels, adjusting medications, and addressing any other health concerns. A detailed dietary plan and a referral to a nutritionist could also be beneficial, but these approaches are generally conducted under the guidance of a primary care physician. They ensure that the dietary and nutritional modifications align with the patient's overall health strategy. While there is a need for monitoring dietary habits in the context of glucose management, the cornerstone of follow-up care should be established with the primary care provider to create a comprehensive health management plan. Lastly, suggesting that no follow-up is necessary neglects the potential complications associated with unmanaged glucose levels, emphasizing the importance of regular medical oversight.

**5. What percentage of drivers with fewer than 10 years of experience are at risk for hypertension?**

- A. 25%
- B. 29%**
- C. 32%
- D. 39%

The percentage of drivers with fewer than 10 years of experience who are at risk for hypertension is understood through studies and data that explore risk factors associated with newer drivers. Research indicates that younger or less experienced drivers may have a higher prevalence of lifestyle factors that contribute to hypertension, such as poor dietary choices, lack of exercise, and higher stress levels commonly associated with adapting to new responsibilities on the road. A figure of 29% reflects a realistic and evidence-based understanding of the health risks facing this specific demographic within the driving community. In contrast, the other percentages presented may not align as closely with researched data on hypertension rates among new drivers, making 29% the most accurate and relevant choice to highlight the risks this group faces. This statistical insight underscores the importance of monitoring health and lifestyle habits, particularly for those who are new to the demands of a career in driving.

**6. What HgbA1c value indicates a greater risk for hypoglycemia?**

- A. 5
- B. 6
- C. 7
- D. 9**

A Hemoglobin A1c (HgbA1c) value reflects a person's average blood glucose levels over the previous two to three months and is crucial in managing diabetes. A higher HgbA1c value indicates poorer blood glucose control, which can lead to chronic complications and an increased risk for hypoglycemia, especially if the individual is on medications that lower blood sugar. In this context, a value of 9 signifies significant long-term hyperglycemia (elevated blood sugar levels). Patients with such a level might experience fluctuations in their glucose levels, and if they are treated with insulin or certain oral hypoglycemic agents, the risk of hypoglycemic events increases. This unpredictability in glucose control can lead to episodes where blood sugar levels drop too low, resulting in hypoglycemia. Lower HgbA1c values, such as 5, 6, or 7, are generally associated with better blood glucose control, thereby posing a reduced risk for hypoglycemic episodes compared to a value of 9. Therefore, the higher the A1c level, the greater the risk for hypoglycemia, particularly in individuals undergoing treatment that manages their blood glucose levels downward.

**7. If a driver has diabetes and is not on insulin but their condition is not controlled, can they be qualified to drive?**

- A. Yes, they can be qualified**
- B. No, they cannot be qualified**
- C. Depends on their medical history**
- D. Only with additional documentation**

For a driver with diabetes who is not on insulin but whose condition is not controlled, the appropriate determination is that they cannot be qualified to drive. The Federal Motor Carrier Safety Administration (FMCSA) sets strict guidelines regarding medical conditions that could impair a driver's ability to operate a commercial vehicle safely. Diabetes management is crucial because uncontrolled diabetes can lead to a variety of complications, including hypoglycemia (low blood sugar), which can result in fainting, confusion, or loss of consciousness while driving. These conditions pose significant safety risks not only to the driver but also to other road users. A driver must demonstrate that their diabetes is well-managed, typically through stable blood sugar levels and appropriate monitoring, even if they are not on insulin. If a driver's diabetes is not under control, they fall outside the acceptable criteria set by the FMCSA for operating a commercial vehicle safely. Thus, the conclusion is that such a driver cannot be qualified to drive until they have managed their condition adequately.

**8. If you do a determination pending, what do you set as the expiration date?**

- A. The date of the next scheduled appointment**
- B. The date they return with required documentation**
- C. The end of the month**
- D. A date determined by the medical examiner**

When making a determination pending, it is crucial to establish an expiration date that reflects the need for further evaluation based on the required documentation. Setting the expiration date as the date they return with the required documentation ensures that there is a clear timeline for the individual to complete what is necessary for their medical assessment. This approach encourages timely compliance, as it holds the individual accountable for providing the required information, which is essential for making a fully informed determination regarding their medical eligibility to operate a commercial motor vehicle. By tying the expiration date to the submission of specific documentation, it emphasizes the importance of thoroughness in the process and maintains the integrity of the evaluation while avoiding unnecessary delays in re-evaluating the individual's status.

**9. What does a certification for "less than 6 METs" indicate regarding work capability?**

- A. Only light work is possible**
- B. Heavy and very heavy work is possible**
- C. Moderate work is possible**
- D. Full work capacity including all types**

A certification for "less than 6 METs" indicates that only light work is possible. METs, or Metabolic Equivalent of Task, are used to estimate the energy expenditure of physical activities. When a person is certified for less than 6 METs, it means they have a limited physiological capacity, which aligns with light work activities. Light work generally involves tasks that require lifting no more than 20 pounds occasionally, 10 pounds frequently, and may include sitting, standing, walking, or some light handling of materials. Examples of light work tasks include desk jobs, light assembly, or working in a setting that does not require significant physical exertion. By establishing that the work capability is limited to this range, it effectively rules out higher levels of physical demand associated with moderate, heavy, or very heavy work, which require greater MET levels. The understanding of MET levels is crucial for determining the appropriate classification of work a person can safely perform based on their health status.

**10. Which factor is critical to determine before certifying any driver?**

- A. The driver's age and experience**
- B. The driver's vision status**
- C. The effectiveness and safety of the treatment**
- D. The driver's insurance coverage**

The critical factor to determine before certifying any driver is the effectiveness and safety of the treatment. This consideration is essential in ensuring that drivers are medically fit to operate a commercial vehicle. For instance, if a driver is undergoing treatment for a medical condition, understanding how effective that treatment is and whether it ensures the driver's ability to perform their duties safely is paramount. In particular, this factor directly relates to the driver's ability to handle potential challenges while on the road. Safety is the ultimate priority in the certification process, and ensuring that any treatment the driver is receiving does not impede their ability to drive safely is crucial. While age, experience, vision status, and insurance coverage may play important roles in assessing a driver's overall qualifications, they do not address the immediate medical fitness to drive as closely as the effectiveness and safety of ongoing treatments do. Therefore, evaluating the treatment ensures that the driver is in optimal health to manage the responsibilities of operating a commercial vehicle.

# Next Steps

**Congratulations on reaching the final section of this guide. You've taken a meaningful step toward passing your certification exam and advancing your career.**

**As you continue preparing, remember that consistent practice, review, and self-reflection are key to success. Make time to revisit difficult topics, simulate exam conditions, and track your progress along the way.**

**If you need help, have suggestions, or want to share feedback, we'd love to hear from you. Reach out to our team at [hello@examzify.com](mailto:hello@examzify.com).**

**Or visit your dedicated course page for more study tools and resources:**

**<https://dotphysicalmedicalexaminer.examzify.com>**

**We wish you the very best on your exam journey. You've got this!**

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