



# Cayuga Drug & Alcohol Testing

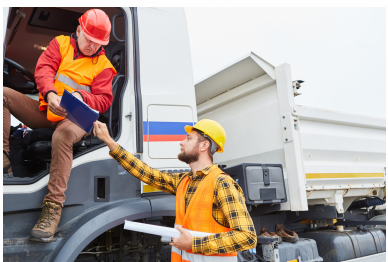
Workplace Solutions Newsletter/ Issue 7/ 2023

[www.cayugadna.com](http://www.cayugadna.com) | (315) 282-7933



## About Cayuga Drug and Alcohol Testing:

Cayuga Drug and alcohol Testing is a MBE and DBE certified company that provides businesses with compliant occupational solutions. Our services include onsite drug and alcohol testing, reasonable suspicion training for supervisors and background checks. In addition to our services, clients also receive a customized random testing program and ongoing customer support to help ensure they are in compliance.



Our editor, Kiersten Seneca, talks about the new regulation changes and tips for staying in compliance.



FMCSA releases 10-year refresher training for certified medical examiners.



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**Kiersten Seneca, Field manager of  
Cayuga Drug and Alcohol Testing**

It is always important to start the new year off on the right foot, but it is even more important for those of us that are regulated by the Department of Transportation (DOT). The Federal Motor Carrier Safety Administration (FMCSA) began to enforce the Clearinghouse as of January 1st this year now that it has acquired 3 years' worth of data. The Agency is requiring pre-employment and annual queries be conducted in the Clearinghouse to determine whether an employee has any violations on file that need to be cleared prior to performing any safety sensitive duties.

With the changes that the FMCSA has implemented at the start of the new year, there are somethings your business can do to stay in compliance. Have your random drug and alcohol testing program evaluated at least once a year to ensure you are meeting the random testing requirements set by your applicable DOT agency. While it isn't required to submit an MIS report yearly, you can fill the form out every year and keep it on file in the event that the DOT contacts you to tell you that you must submit one. Some testing providers will provide a testing summary at the end of the year that you can use to help you fill out your MIS report. My final recommendation is to educate your employees on the rules and regulations as they pertain to drugs and alcohol. With the need for drivers, we have seen an increase in drivers who are not as familiar with those regulations which has caused an increase in drug and alcohol violations.

On behalf of Cayuga Drug and Alcohol Testing, I wish you all a safe and productive year. If you wish to learn more about our company's services or have any questions I can be reached directly at (315) 282-7933 or at [kiersten@cayugadna.com](mailto:kiersten@cayugadna.com).

Regards,

*Kiersten Seneca*

Kiersten Seneca

Field Manager | Certified Trainer



### **10-Year Refresher Training & Recertification Testing For Medical Examiners:**



The Federal Motor Carrier Safety Administration (FMCSA) recently announced that all certified medical examiners listed on the Agency's National Registry of Certified Medical Examiners will be required to maintain their certification by completing refresher training. FMCSA first initiated this requirement in 2018, but due to the technology not being ready they were unable to implement the 5-year refresher training until July of 2022 and the 10-year refresher training became available in January of 2023.

Refresher training must be completed 4 to 5 and 9 to 10 years after certification. Once they complete the 10-year refresher training they will then be required to successfully complete the 10-year recertification test. Once the medical examiner has uploaded proof that they completed the training they will then be eligible to complete the recertification test. This test will be provided by the two FMCSA-approved testing organizations. Medical examiners, if eligible, must complete the required training and testing by December 31, 2023.

For additional information please visit <https://nationalregistry.fmcsa.dot.gov/resourcecenter>.



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## Cayuga DNA Certifications: Your Trusted Partner



Division of Minority  
and Women's  
Business Development

Cayuga Drug and Alcohol Testing Services:

Onsite Drug & Alcohol Testing  
Background Checks  
Reasonable Suspicion Training  
Consortium & Clearinghouse Services

To learn more about our services, contact our field manager Kiersten Seneca, at (315) 282-7933 today!