



Human Performance Attachment – Excerpts from

Greyhound's OSA Screening Policy

Highland, IL

HWY23MH015

(3 pages)

Greyhound's sleep apnea protocol

Criteria and general recommendations:

S (snore) loudly

T (tired) often tired during the day

O (obstruction) stop breathing or been told that you stop breathing while sleeping

P (preventive) hypertension or DM on medications. (on 3 different blood pressure medications)

Must also have at least THREE (3) points to meet criteria

B (BMI) greater or equal to 40%

A (age) over 50, if younger and examiner feels study is required-request study

N (neck) neck circumference: male- greater than or equal to 17", female-16"

G (gullet) mallampati III or IV

Also, part of the evaluation should be:

- 2 or more blood pressure medications
- History of stroke/MI/CAD
- Hypothyroidism
- Diabetes
- Undersized jaw

OSA testing requires at least ONE STOP and THREE BANG (driver may be issued a 90-day card to obtain study): however; if company notifies clinic of video or complaints of driver falling asleep, driver must be disqualified until sleep study is obtained. NOTE: if BMI \geq 40, even if no other risk factors are found, a sleep study **MUST** be requested.

Sleep study:

Home studies are accepted if CPAP is required, however a lab study tends to be more conclusive: (if home study shows to be inconclusive-lab study required) or polysomnography (PSC) may also be used.

Sleep study positive: AHI equal or greater than 15 or less than 15 **AND** involved in a motor vehicle accident associated with falling asleep, experienced excessive sleepiness while driving or experienced episodes of falling asleep when should be alert. If sleep specialist recommends or requires CPAP, CPAP should be required.

Disqualified: Failure of required compliance

If AHI > 15, NO documented compliance

Undergone surgery and pending findings of a postoperative evaluation

Non-compliance with CPAP

CPAP

Once sleep apnea confirmed and initial DOT cards issued:

Must receive and review minimum of 7 FULL days of current compliance to qualify for a 30-day card. Must receive and review minimum of 30 FULL days of current compliance to qualify for a 90-day card. Must receive and review minimum of 90 FULL

days of current compliance to qualify for a 1-year card. Re-Certification-must provide minimum of 90 days of current compliance before DOT card can be issued. Compliance reports must show compliance for the FULL amount of days needed to be certified. Reports that do not show a full 7, 30, or 90 days of good compliance should not be issued for the intended certification period. Driver may be certified for a less amount to time. **If a driver provides less amount of the required compliance data to certify for a 30-, 90- or 1-year card—certify for a lesser amount of time.**

All compliance reports MUST be at a minimum of 70% before cards can be issued

Yearly re-certifications, CPAP compliance report (within last 7 days) must be presented to be certified. During recertification, if a driver ever fails to be compliant, CPAP process must start over (7 days of compliance=30-day card, 30 days of compliances=90-day card and so on) per protocol.

Each time a driver is recertified, a new current CPAP compliance report is required before DOT card can be issued. Compliance report must be recent (within last 7 days), old compliance reports should not be accepted for certification.

If driver continues to show minimum compliance to qualify for shortened length of card IE only 30-60 days of compliance, drivers may be required to follow up each month with a compliance report sent into the Safety Department to ensure they remain compliant.

For new hire applicants with sleep apnea, they must provide a minimum of 60 days of good compliance and should only be certified for 3 months. If applicant can provide a years' worth or more, one-year card can be accepted.

Multiple temporary cards, whether to obtain sleep study or if driver fails to remain compliant should not be issued.

Driver's that remove themselves from CPAP usage without a new sleep study or recommendations from sleep specialist should not be issued any type of DOT card until this documentation is verified to be factual.

Greyhound has thoroughly evaluated the Medical Review Board (MRB) recommendations on the subject of sleep apnea. Subsequent to this evaluation, Greyhound generated a protocol that utilizes many of the MRB recommendations. This protocol has established a minimum standard requirement that may be augmented by an examiners assessment. Greyhound will support the examiner's decision and employees are expected to follow examiners request for a sleep study.