

DOT SAP Pocket Guide

Your Comprehensive Guide to Returning to Duty

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DOT Qualified SAP

What Is the SAP Process?

- The SAP process ensures the safety of individuals in safety-sensitive roles. It is mandatory for anyone who violates DOT drug and alcohol testing regulations. The key steps include:
 1. Initial Evaluation
 2. Treatment/Education
 3. Follow-Up Evaluation
 4. Return-to-Duty Testing
 5. Follow-Up Testing Program

Step 1: Contact a Qualified SAP

- Reach out to a DOT-qualified Substance Abuse Professional (SAP). They will guide you through the return-to-duty process.
- Tips:
 - - Have your violation notice ready.
 - - Be prepared to provide employer details.

Step 2: Attend the Initial Evaluation

- The SAP will assess your situation and recommend treatment or education.
- Tips:
 - - Be honest during the evaluation.
 - - Understand the recommended next steps.

Step 3: Complete the Treatment/Education Plan

- Follow the SAP's recommendations, which may include:
 - Counseling
 - Substance abuse education programs
 - Rehabilitation
- Tips:
 - Keep proof of completion.
 - Document your progress.

Step 4: Follow-Up Evaluation

- Meet with your SAP after completing the treatment plan. The SAP will confirm your compliance and submit a report.
- Tips:
 - Schedule your follow-up promptly.
 - Provide any required documentation.

Step 5: Pass the Return-to-Duty Test

- The employer arranges a drug and/or alcohol test under direct observation. A negative result is required to return to work.
- Tips:
 - Ensure you are substance-free before testing.
 - Follow the testing guidelines carefully.

Step 6: Follow-Up Testing Program

- After returning to work, you will be subject to unannounced follow-up tests for up to 5 years.
- Tips:
 - - Stay compliant with all testing requirements.
 - - Maintain a substance-free lifestyle.

Why Choose Us?

- Deauna Froneberger is a DOT SAP provider with expertise in:
 - Fast evaluations to minimize downtime.
 - Clear guidance through every step.
 - Compliance-focused programs to meet DOT regulations.
- Let us help you get back to work quickly and safely!

Contact Us

- Website:
www.thesubstanceabuseprofessional.com
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- Contact us today to start your return-to-duty process!