Kansas Commercial Driver's License Holder – Medical Self Certification

Effective: January 30, 2012

The Kansas Division of Vehicles is collecting CDL applicants' Medical Self Certification as Part of the CDL as required by Federal Motor Carrier Safety Regulations, 49 CFR Part 383, 384, 390 & 391. This certification will be scanned and indexed to the driver's record, but will not be added to the driver's MVR until the Division migrates to its new Motor Vehicle System in 2012.

(Part A)

Name of Driver: (Print Clearly) (Last, First, Middle, Suffix)			
Date of Birth: (Month)	(Day)	(Year)	
Kansas Driver's License or Commercial License Number:			
Today's Date:(Month)	(Day)	(Year)	

Note: Only Class A, B, or C applicants that check the **first** self-certification box below must submit a copy of their valid medical certification card. (Kansas does not require the medical certification long form). All Commercial Class A, B, or C applicants must submit this self certification upon original application, renewal, upgrade or transfer of a Kansas commercial driver's license.

The Driver's License Agency is not responsible for determining a driver's self certification classification; that is the sole responsibility of the driver. For a guide to determining your certification, refer to the Kansas CDL Driver Manual, check with your local Driver's License office, or go online at: ksrevenue.org

(Part B)

I certify my commercial transportation is: (Check only one of the following categories that apply to you).

Category 1. Interstate, and I am both subject to and meet 49 CFR Part 391. (Copy of DOT medical card and this certification must be submitted to the State Driver's License Agency) (Complete reverse side of this form).



Category 2. Interstate, but operating exclusively in transportation or operations excepted under 49 CFR 390.3(f), 391.2, 391.68, or 398.3. (Only this certification must be submitted to the State Driver's License Agency).

Category 3. Intrastate, and I am both subject to and meet State driver medical gualification requirements. (Requires driver to carry medical card; however, only this certification must be submitted to the State Driver's License Agency). (Requires Intrastate only "K" restriction on CDL credential)

Category 4. Intrastate, but operating exclusively in transportation or operations excepted from all or part of the State driver qualification requirements. (Only this certification must be submitted to the State Driver's License Agency). (Requires Intrastate only "K" restriction on CDL credential)

Driver's Signature (Required) Date (mm/dd/yy) Daytime Phone w/Area Code: ______ Email address: (CDL MedCert1 iss. 01/2012)

Kansas Commercial Driver's License Holder – Medical Self Certification

Effective: January 30, 2012

(Part C) (For Drivers Certifying to Category #1 only---Interstate & Subject to Medical Qualification Requirements)

Copy of Medical Card must be attached or provided to the State Driver's License Agency for Retention

Medical Examiner Information

1) Name of Medical Examiner: (Print Clear	ly) (Last, First, Middle, Suffix)	
 2)	4) Date of Medical	Examination (DD/MM/YY)
6) Medical Certificate (Card) Issue Date		
Restrictions (Check all that apply) (Num Corrective Lenses	ber 2, 3, 4 & 5, Require Medical Varia	nce Restriction "V" on CDL Credential)
Accompanied Waiver/Exemption	Waiver Effective Date (mm/dd/yy)	Waiver Expiration Date (mm/dd/yy)
 Qualified Under CFR 391.64 Driving Exempt 49 CFR 391.62 Accompanied by a SPE 		
Hearing Aid	SPE Effective Date (mm/dd/yy)	SPE Expiration Date (mm/dd/yy)
Driver's Signature		Date (mm/dd/yy)
Driver's Printed Name		Date of Birth (mm/dd/yy)

Medical Certification as Part of the Commercial Driver's License

U.S. Department of Transportation, 49 C.F.R. §383.71 & §383.73

Commercial Driver's License Applications Submitted on or after January 30, 2012

Any person applying for a CDL on or after January 30, 2012 must certify with the State's Driver's License Agency to one of the following four categories:

- 1. Non-excepted interstate. I certify that I operate or expect to operate in interstate commerce, and I am both subject to and meet the qualification requirements under 49 CFR part 391, and I am required to obtain a medical examiner's certificate by 49 CFR §391.45.
- 2. Excepted interstate. I certify that I operate or expect to operate in interstate commerce, but engage exclusively in transportation or operations excepted under 49 CFR §§390.3(f), 391.2, 391.68 or 398.3 from all or parts of the qualification requirements of 49 CFR part 391, and I am therefore not required to obtain a medical examiner's certificate by 49 CFR §391.45.
- 3. **Non-excepted intrastate.** I certify that I operate only in intrastate commerce and therefore I am subject to and meet the State's driver medical qualification requirements.
- 4. **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's driver medical qualification by K.S.A. 66-1,129.

Upon the effective date of the regulation, CDL holders certifying to category 1 (Non-excepted interstate), must also provide the original or a copy of the medical examiner's certificate to the State's Driver's License Agency prior to the issuance, renewal, upgrade or transfer of a CDL, or no later than January 30, 2014, whichever occurs first. Failure to do so will result in downgrading the holder's CDL to a Non-Commercial driver's license. When a driver is certifying to Non-excepted interstate requirements (category #1), downgrading the CDL to a Non-CDL status will occur automatically when the CDL holder's medical certificate expires.

CDL holders certifying to category 2, 3, or 4, must do so to the State's Driver's License Agency upon the issuance, renewal, upgrade or transfer of a CDL beginning on the effective date of this regulation or no later than January 30, 2014, whichever is first. Failure to do so will result in downgrading the holder's CDL to a Non-Commercial driver's license.

On the back of this page is a guide that will help drivers determine what self-certification category applies to him or her. The Driver's License Agency is not responsible for determining a driver's self certification classification---that is the sole responsibility of the driver.

- For a citation of these requirements, refer to Title 49, CFR Part 383.71 & 383.73
- Initial medical certification must be completed at a State Driver's License location. For a listing of all locations and times, or additional information regarding commercial driver's licenses, please refer to the agency's website at: http://ksrevenue.org/vehicle.htm

CDL Self-Certification Categories

This information is provided as a guide to help CDL holders determine how to medically self-certify when applying for a CDL on or after January 30, 2012 but prior to January 30, 2014, whichever is first. It is the driver's responsibility to determine how he or she will self-certify to the State's Driver's License Agency.

What is deemed Interstate transportation?

- Between a place in a State and place outside of such State including a place outside of the United States; or
- 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.

There are four CDL self-certification categories:

1. Non-excepted interstate - Engaged in interstate commerce and meet 49 CFR Part 391 requirements (must have medical certificate---must provide the State's Driver's License Agency with an original or copy of the medical certificate);

a.) All Class A, B, or C drivers who do not fall under any of the other categories.

b.) All Class A, B, or C drivers granted a federal vision or diabetes exemption; or SPE-limb impairment (Skill Performance Evaluation).

- Excepted Interstate Engaged in interstate commerce and excepted from 49 CFR Part 391 requirements (does not need medical certificate to drive interstate);
 - a.) *School bus operations (as defined in 49 CFR 390.5). Certify category #2 if you drive for a school district or political subdivision of the state; or, if you drive for a private school bus company and are not operating interstate for school activities.
 - b.) Transportation performed by the Federal government, a State, or any political subdivision of a State. (School District
 - c.) Occasional transportation of personal property by individuals not for compensation or in the furtherance of a commercial enterprise.
 - d.) The transportation of human corpses or sick and injured persons.
 - e.) The operation of fire trucks and rescue vehicles while involved in emergency and related operations.
 - f.) A 9 to 15 passenger van, including the driver, weight less than 26,001 gross vehicle weight rating not for compensation.
 - g.) Apiarian industries (Beekeepers).
 - h.) Farm custom operations (Custom Harvesters).

i.) Farm vehicle drivers operating straight trucks in interstate commerce that meet the definition of a commercial motor vehicle (CMV) as defined in 49 CFR Part 390.5 within 150 miles of their farm are exempt from the medical certification requirements.

- j.) Private motor carrier of passengers (nonbusiness). For example, organizations exempt from the Internal Revenue Code that provide transportation for their members.
- k.) Emergency delivery of propane winter heating fuel and pipeline response.
- 1.) Drivers of migrant workers (must meet minimum standards only; 49 CFR 398.3).
- 3. Non-excepted intrastate Engaged in intrastate commerce and subject to State requirements (must have medical certificate);

a.) Kansas drivers granted a State Wavier for seizure, physical, vision and insulin controlled diabetes for Class A, B, or C commercial driver's licenses; valid for intrastate only. Medical certificate and waiver certificate must be carried by driver.

- b.) In-State drivers of vehicles over 26,000 pounds, placarded hazardous material; vehicles designed to transport 16 or more persons including the driver, and school vehicles designed to seat ten or more passengers.
- 4. Excepted intrastate Motor carriers exempted by K.S.A. 66-1,129 while engaged in intrastate commerce and excepted from all State safety requirements (although excepted intrastate per K.S.A. 66-1,129, School Bus operators must meet the requirements of the KS School Transportation Regulations and K.A.R. 91-38-6(g)(1).

Farmers operating CDL class motor vehicles interstate:

- Kansas has signed CDL Reciprocity Agreements with Missouri, Oklahoma and Nebraska, and is attempting to sign similar agreements with Colorado, Iowa, Arkansas and Texas.
- Farmers operating CDL class motor vehicles registered as a farm vehicle and used exclusively to transport agricultural products and/or farm supplies to or from the farmer's farm, from Kansas into Missouri, Oklahoma or Nebraska, but within 150 miles of the farmer's farm, are exempt from the CDL requirements, except the state of Nebraska requires drivers operating truck-tractor semi-trailer combinations to possess a class A CDL; this means:
- Kansas farm registered vehicles operating within 150 miles of the farmer's farm, and used exclusively to transport agricultural products and/or
 farm supplies to or from the farmer's farm ---can operate in Missouri, Oklahoma and Nebraska with the proper class of non- commercial license,
 except truck-tractor semi-trailer combinations operating in Nebraska.
- Drivers of such vehicles are responsible for checking for a reciprocity agreement PRIOR to operating into those states and are responsible for compliance with the regulations.

Kansas Reciprocity Agreements can be found at http://www.ksrevenue.org/cdlreciprocity.htm

*Medical Card required by K.A.R. 91-38-6(g)(1). Private school bus companies operating interstate for school activities require certification in category #1.

Medical Examination Report FOR COMMERCIAL DRIVER FITNESS DETERMINATION

Driver's Name (Last, First, Middle) So		Social Security No. Code Home Tel: () section, but medical examiner is encouraged			Age	Sex M F	-	Certification rtification w-up	Date of Exam
Address 2. HEALTH HISTORY Driver	l: ()			Driver License No			License Class A C B D Other	State of Issue	
Yes No Any illness or injury in the last 5 y Head/Brain injuries, disorders or i Seizures, epilepsy medication Eye disorders or impaired vision (Ear disorders, loss of hearing or b Heart disease or heart attack; oth medication Heart surgery (valve replacement/ pacemaker) High blood pressure Muscular disease Shortness of breath	Inesses except corrective lens alance er cardiovascular cond bypass, angioplasty,		Kidney disea Liver diseas Digestive pr Diabetes or diet pills insulin Nervous or p medica	e oblems elevated blood sugar c psychiatric disorders, e	ontrolled b	by:		while asleep snoring	ers, pauses in breathing , daytime sleepiness, loud alysis paired hand, arm, foot, leg, or disease
For any YES answer, indicate onsolver-the-counter medications) use wer-the-counter medications) use certify that the above information Medical Examiner's Certificate.	ed regularly or r	ecently.							

Driver's Signature_____

Date

Medical Examiner's Comments on Health History (The medical examiner must review and discuss with the driver any "yes" answers and potential hazards of medications, including over-the-counter medications, while driving. This discussion must be documented below.)

TESTING	(Medical Exam	iner complet	es Section 3 t	hrough 7) Name: Last,		First,		Mie	ddle,		
3. VISIO					n or without correct ould be noted on the					rizontal	merio	dian
ratio with 20 as	S: When other than the numerator and the sma s contact lenses, or inte	allest type read at 2	0 feet as denominator	If the applic	ant wears corrective le	nses, these sho	uld be worr	n while vis	ual acuity i	s being te	ested.	If the driver
Numerical re	adings must be pro	vided.			Applicant can reco					0		Yes
ACUITY	UNCORRECTED	CORRECTED	HORIZONTAL FIELD	OF VISION	signals and device	es showing stan	dard red, g	reen, and	amber col	ors ?] N o
Right Eye	20/	20/	Right Eye	0	Applicant meets		quirement	t only whe	en wearin	g:		
Left Eye	20/	20/	Left Eye	0	Corrective L	_enses						
Both Eyes	20/	20/			Monocular Vision	: Yes	No					
frequencies tes Numerical rea a) Record dista	NG Standard: a)	Must first perce earing aid used for metric test results for rded. at which Right ea	or tests. Check rom ISO to ANSI, -14	if hearing ai dB from ISO f	5 ft., with or withou d required to meet st or 500Hz, -10dB for 1,d udiometer is used, record ibels. (acc. to ANSI Z24.5	andard. 000 Hz, -8.5 dB hearing loss in		•	rage, add	s in bette	ngs for	—
5. BLOOD F	PRESSURE/ PULSE	RATE Nume	erical readings mu	st be record	led. Medical Exami	ner should ta		st two rea	ndings to		n BP.	
Blood	Systolic Diastolic	Reading	Cate	gory	Expiration Date			Rec	ertificati	on		
Pressure Driver qualifi	ed if <u><</u> 140/90.	140-159/	90-99 5	Stage 1	1 year			One	ear if <u><</u> 140 e-time cer -159/91-9	tificate fo	or 3 m	onths if
Pulse Rate:	🗌 Regular 🗌 Irregula	ar 160-179/	100-109 5	Stage 2	One-time certificate	e for 3 months			ear from c		xam if	<u><</u> 140/90
		<u>≥</u> 180/11	0 5	Stage 3	6 months from date	e of exam if <u><</u> 1	40/90	6 m	onths if \leq	_140/90		
			Numerical read			URINE SPEC		P. GR.	PROTE	EIN BL	.OOD	SUGAR
rule out any und	uired. Protein, blood or erlying medical problem Describe and record)		nay be an indication to		ווש נט							

7. PHYSICAL EXAMINATION Height:

(in.) Weight:

Name: Last,

First,

Middle,

The presence of a certain condition may not necessarily disqualify a driver, particularly if the condition is controlled adequately, is not likely to worsen or is readily amenable to treatment. Even if a condition does not disqualify a driver, the medical examiner may consider deferring the driver temporarily. Also, the driver should be advised to take the necessary steps to correct the condition as soon as possible particularly if the condition, if neglected, could result in more serious illness that might affect driving.

(lbs.)

Check YES if there are any abnormalities. Check NO if the body system is normal. Discuss any YES answers in detail in the space below, and indicate whether it would affect the driver's ability to operate a commercial motor vehicle safely. Enter applicable item number before each comment. If organic disease is present, note that it has been compensated for. See *Instructions to the Medical Examiner* for guidance.

BODY SYSTEM	CHECK FOR:	YES*	NO	BODY SYSTEM	CHECK FOR:	YES*	NC
1. General Appearance	Marked overweight, tremor, signs of alcoholism, problem						
	drinking, or drug abuse.			7. Abdomen and Viscera	Enlarged liver, enlarged spleen, masses, bruits,		
2. Eyes	Pupillary equality, reaction to light, accommodation, ocular				hernia, significant abdominal wall muscle weakness.		
2. Lyco	motility, ocular muscle imbalance, extraocular movement,			8. Vascular System			
	nystagmus, exophthalmos. Ask about retinopathy, cataracts, aphakia, glaucoma, macular degeneration and refer to a				Abnormal pulse and amplitude, cartoid or arterial bruits, varicose veins.		
	specialist if appropriate.			9. Genito-urinary System	Hernias.		
3. Ears	Scarring of tympanic membrane, occlusion of external canal, perforated eardrums.			10. Extremities- Limb	Loss or impairment of leg, foot, toe, arm, hand, finger, Perceptible limp, deformities, atrophy,		
4. Mouth and Throat				impaired. Driver may be subject to SPE	weakness, paralysis, clubbing, edema,		
	Irremediable deformities likely to interfere with breathing or			certificate if otherwise	hypotonia. Insufficicent grasp and prehension in upper limb to maintain steering wheel grip.		
	swallowing.			qualified.	Insufficient mobility and strength in lower limb		
5. Heart	Murmura avtra counds, onlarged boart, pacamakor				to operate pedals properly.		
5. Healt	Murmurs, extra sounds, enlarged heart, pacemaker, implantable defibrillator.			11. Spine, other	Previous surgery, deformities, limitation of		
				musculoskeletal	motion, tenderness.		
Lungs and chest,	Abnormal chest wall expansion, abnormal respiratory rate,				languined a sufficiency of a sufficiency of the suf		
not including breast	abnormal breath sounds including wheezes or alveolar rales,			12. Neurological	Impaired equilibrium, coordination or speech pattern; asymmetric deep tendon reflexes,		
examination	impaired respiratory function, cyanosis. Abnormal findings on				sensory or positional abnormalities, abnormal		
	physical exam may require further testing such as pulmonary tests and/ or xray of chest.				patellar and Babinki's reflexes, ataxia.		

Note certification status here. See Instructions to the Medical Examiner for guidance.	 Wearing corrective lense Wearing hearing aid
Meets standards in 49 CFR 391.41; qualifies for 2 year certificate Does not meet standards	 Accompanied by a
 Meets standards, but periodic monitoring required due to Driver qualified only for: 3 months 6 months 1 year 0 Other 	 Skill Performance Evaluation (SPE) Certificate Driving within an exempt intracity zone (See 49 CFR 391.62)
	Qualified by operation of 49 CFR 391.64 Medical Examiner's signature
Temporarily disqualified due to (condition or medication):	Medical Examiner's name
Return to medical examiner's office for follow up on	Telephone Number

If meets standards, complete a Medical Examiner's Certificate as stated in 49 CFR 391.43(h). (Driver must carry certificate when operating a commercial vehicle.)

49 CFR 391.41 Physical Qualifications for Drivers

THE DRIVER'S ROLE

Responsibilities, work schedules, physical and emotional demands, and lifestyles among commercial drivers vary by the type of driving that they do. Some of the main types of drivers include the following: turn around or short relay (drivers return to their home base each evening); long relay (drivers drive 9-11 hours and then have at least a 10-hour off-duty period), straight through haul (cross country drivers); and team drivers (drivers share the driving by alternating their 5-hour driving periods and 5-hour rest periods.)

The following factors may be involved in a driver's performance of duties: abrupt schedule changes and rotating work schedules, which may result in irregular sleep patterns and a driver beginning a trip in a fatigued condition; long hours; extended time away from family and friends, which may result in lack of social support; tight pickup and delivery schedules, with irregularity in work, rest, and eating patterns, adverse road, weather and traffic conditions, which may cause delays and lead to hurriedly loading or unloading cargo in order to compensate for the lost time; and environmental conditions such as excessive vibration, noise, and extremes in temperature. Transporting passengers or hazardous materials may add to the demands on the commercial driver.

There may be duties in addition to the driving task for which a driver is responsible and needs to be fit. Some of these responsibilities are: coupling and uncoupling trailer(s) from the tractor, loading and unloading trailer(s) (sometimes a driver may lift a heavy load or unload as much as 50,000 lbs. of freight after sitting for a long period of time without any stretching period); inspecting the operating condition of tractor and/or trailer(s) before, during and after delivery of cargo; lifting, installing, and removing heavy tire chains; and, lifting heavy tarpaulins to cover open top trailers. The above tasks demand agility, the ability to bend and stoop, the ability to maintain a crouching position to inspect the underside of the vehicle, frequent entering and exiting of the cab, and the ability to climb ladders on the tractor and/or trailer(s).

In addition, a driver must have the perceptual skills to monitor a sometimes complex driving situation, the judgment skills to make quick decisions, when necessary, and the manipulative skills to control an oversize steering wheel, shift gears using a manual transmission, and maneuver a vehicle in crowded areas.

§391.45 PHYSICAL QUALIFICATIONS FOR DRIVERS

(a) A person shall not drive a commercial motor vehicle unless he is physically qualified to do so and, except as provided in §391.67, has on his person the original, or a photographic copy, of a medical examiner's certificate that he is physically qualified to drive a commercial motor vehicle.

(b) A person is physically qualified to drive a motor vehicle if that person:

(1) Has no loss of a foot, a leg, a hand, or an arm, or has been granted a Skill Performance Evaluation (SPE) Certificate (formerly Limb Waiver Program) pursuant to §391.49.

(2) Has no impairment of: (i) A hand or finger which interferes with prehension or power grasping; or (ii) An arm, foot, or leg which interferes with the ability to perform normal tasks associated with operating a commercial motor vehicle; or any other significant limb defect or limitation which interferes with the ability to perform normal tasks associated with operating a commercial motor vehicle; or has been granted a SPE Certificate pursuant to §391.49.

(3) Has no established medical history or clinical diagnosis of diabetes mellitus currently requiring insulin for control;

(4) Has no current clinical diagnosis of myocardial infarction, angina pectoris, coronary insufficiency, thrombosis, or any other cardiovascular disease of a variety known to be accompanied by syncope, dyspnea, collapse, or congestive cardiac failure.

(5) Has no established medical history or clinical diagnosis of a respiratory dysfunction likely to interfere with his ability to control and drive a commercial motor vehicle safely.

(6) Has no current clinical diagnosis of high blood pressure likely to interfere with his ability to operate a commercial motor vehicle safely. (7) Has no established medical history or clinical diagnosis of rheumatic, arthritic, orthopedic, muscular, neuromuscular, or vascular disease which interferes with his ability to control and operate a commercial motor vehicle safely.

(8) Has no established medical history or clinical diagnosis of epilepsy or any other condition which is likely to cause loss of consciousness or any loss of ability to control a commercial motor vehicle;

(9) Has no mental, nervous, organic, or functional disease or psychiatric disorder likely to interfere with his ability to drive a commercial motor vehicle safely;

(10) Has distant visual acuity of at least 20/40 (Snellen) in each eye without corrective lenses or visual acuity separately corrected to 20/40 (Snellen) or better with corrective lenses, distant binocular acuity of at least 20/40 (Snellen) in both eyes with or without corrective lenses, field of vision of at least 70 degrees in the horizontal meridian in each eye, and the ability to recognize the colors of traffic signals and devices showing standard red, green and amber;

(11) First perceives a forced whispered voice in the better ear not less than 5 feet with or without the use of a hearing aid, or, if tested by use of an audiometric device, does not have an average hearing loss in the better ear greater than 40 decibels at 500 Hz, 1,000 Hz and 2,000 Hz with or without a hearing device when the audiometric device is calibrated to the American National Standard (formerly ASA Standard) Z24.5-1951;

(12) (i) Does not use a controlled substance identified in 21 CFR 1308.11 Schedule I, an amphetamine, a narcotic, or any other habit-forming drug. (ii) Exception: A driver may use such a substance or drug, if the substance or drug is prescribed by a licensed medical practitioner who: (A) Is familiar with the driver's medical history and assigned duties; and (B) Has advised the driver that the prescribed substance or drug will not adversely affect the driver's ability to safely operate a commercial motor vehicle; and

(13) Has no current clinical diagnosis of alcoholism.

General Information

The purpose of this examination is to determine a driver's physical qualification to operate a commercial motor vehicle (CMV) in interstate commerce according to the requirements in 49 CFR 391.41-49. Therefore, the medical examiner must be knowledgeable of these requirements and guidelines developed by the FMCSA to assist the medical examiner in making the qualification determination. The medical examiner should be familiar with the driver's responsibilities and work environment and is referred to the section on the form, **The Driver's Role**.

In addition to reviewing the **Health History** section with the driver and conducting the physical examination, the medical examiner should discuss common prescriptions and over-the-counter medications relative to the side effects and hazards of these medications while driving. Educate the driver to read warning labels on all medications. History of certain conditions may be cause for rejection, particularly if required by regulation, or may indicate the need for additional laboratory tests or more stringent examination perhaps by a medical specialist. These decisions are usually made by the medical examiner in light of the driver's job responsibilities, work schedule and potential for the conditions to render the driver unsafe.

Medical conditions should be recorded even if they are not cause for denial, and they should be discussed with the driver to encourage appropriate remedial care. This advice is especially needed when a condition, if neglected, could develop into a serious illness that could affect driving.

If the medical examiner determines that the driver is fit to drive and is also able to perform non-driving responsibilities as may be required, the medical examiner signs the medical certificate which the driver must carry with his/her license. The certificate must be dated. **Under current regulations, the certificate is valid for two years, unless the driver has a medical condition that does not prohibit driving but does require more frequent monitoring**. In such situations, the medical certificate should be issued for a shorter length of time. The physical examination should be done carefully and at least as complete as is indicated by the attached form. Contact the FMCSA at (202) 366-1790 for further information (a vision exemption, qualifying drivers under 49 CFR 391.64, etc.).

Interpretation of Medical Standards

Since the issuance of the regulations for physical qualifications of commercial drivers, the Federal Motor Carrier Safety Administration (FMCSA) has published recommendations called Advisory Criteria to help medical examiners in determining whether a driver meets the physical qualifications for commercial driving. These recommendations have been condensed to provide information to medical examiners that (1) is directly relevant to the physical examination and (2) is not already included in the medical examination form. The specific regulation is printed in italics and it's reference by section is highlighted.

Federal Motor Carrier Safety Regulations -Advisory Criteria-

Loss of Limb: §391.41(b)(1)

A person is physically qualified to drive a commercial motor vehicle if that person:

Has no loss of a foot, leg, hand or an arm, or has been granted a Skill Performance Evaluation (SPE) Certificate pursuant to Section 391.49.

Limb Impairment: §391.41(b)(2)

A person is physically qualified to drive a commercial motor vehicle if that person:

Has no impairment of: (i) A hand or finger which interferes with prehension or power grasping; or (ii) An arm, foot, or leg which interferes with the ability to perform normal tasks associated with operating a commercial motor vehicle; or (iii) Any other significant limb defect or limitation which interferes with the ability to perform normal tasks associated with operating a commercial motor vehicle; or (iv) Has been granted a Skill Performance Evaluation (SPE) Certificate pursuant to Section 391.49.

A person who suffers loss of a foot, leg, hand or arm or whose limb impairment in any way interferes with the safe performance of normal tasks associated with operating a commercial motor vehicle is subject to the Skill Performance Evaluation Certification Program pursuant to section 391.49, assuming the person is otherwise gualified.

With the advancement of technology, medical aids and equipment modifications have been developed to compensate for certain disabilities. The SPE Certification Program (formerly the Limb Waiver Program) was designed to allow persons with the loss of a foot or limb or with functional impairment to qualify under the Federal Motor Carrier Safety Regulations (FMCSRs) by use of prosthetic devices or equipment modifications which enable them to safely operate a commercial motor vehicle. Since there are no medical aids equivalent to the original body or limb, certain risks are still present, and thus restrictions may be included on individual SPE certificates when a State Director for the FMCSA determines they are necessary to be consistent with safety and public interest.

If the driver is found otherwise medically qualified (391.41(b)(3) through (13)), the medical examiner must check on the medical certificate that the driver is qualified only if accompanied by a SPE certificate. The driver and the employing motor carrier are subject to appropriate penalty if the driver operates a motor vehicle in interstate or foreign commerce without a curent SPE certificate for his/her physical disability.

Diabetes §391.41(b)(3)

A person is physically qualified to drive a commercial motor vehicle if that person:

Has no established medical history or clinical diagnosis of diabetes mellitus currently requiring insulin for control.

Diabetes mellitus is a disease which, on occasion, can result in a loss of consciousness or disorientation in time and space. Individuals who require insulin for control have conditions which can get out of control by the use of too much or too little insulin, or food intake not consistent with the insulin dosage. Incapacitation may occur from symptoms of hyperglycemic or hypoglycemic reactions (drowsiness, semiconsciousness, diabetic coma or insulin shock).

The administration of insulin is, within itself, a complicated process requiring insulin, syringe, needle, alcohol sponge and a sterile technique. Factors related to long-haul commercial motor vehicle operations, such as fatigue, lack of sleep, poor diet, emotional conditions, stress, and concomitant illness, compound the dangers, the FMCSA has consistently held that a diabetic who uses insulin for control does not meet the minimum physical requirements of the FMCSRs.

Hypoglycemic drugs, taken orally, are sometimes prescribed for diabetic individuals to help stimulate natural body production of insulin. If the condition can be controlled by the use of oral medication and diet, then an individual may be qualified under the present rule. CMV drivers who do not meet the Federal diabetes standard may call (202) 366-1790 for an application for a diabetes exemption.

(See Conference Report on Diabetic Disorders and Commercial Drivers and Insulin-Using Commercial Motor Vehicle Drivers at:

http://www.fmcsa.dot.gov/rulesregs/medreports.htm)

Cardiovascular Condition §391.41(b)(4)

A person is physically qualified to drive a commercial motor vehicle if that person:

Has no current clinical diagnosis of myocardial infarction, angina pectoris, coronary insufficiency, thrombosis or any other cardiovascular disease of a variety known to be accompanied by syncope, dyspnea, collapse or congestive cardiac failure.

The term "has no current clinical diagnosis of" is specifically designed to encompass: "*a clinical diagnosis of*" (1) a current cardiovascular condition, or (2) a cardiovascular condition which has not fully stabilized regardless of the time limit The term "*known to be*

accompanied by" is designed to include a clinical diagnosis of a cardiovascular disease (1) which is accompanied by symptoms of syncope, dyspnea, collapse or congestive cardiac failure; and/or (2) which is likely to cause syncope, dyspnea, collapse or congestive cardiac failure.

It is the intent of the FMCSRs to render unqualified, a driver who has a current cardiovascular disease which is accompanied by and/or likely to cause symptoms of syncope, dyspnea, collapse, or congestive cardiac failure. However, the subjective decision of whether the nature and severity of an individual's condition will likely cause symptoms of cardiovascular insufficiency is on an individual basis and qualification rests with the medical examiner and the motor carrier. In those cases where there is an occurrence of cardiovascular insufficiency (myocardial infarction, thrombosis, etc.), it is suggested before a driver is certified that he or she have a normal resting and stress electrocardiogram (ECG), no residual complications and no physical limitations, and is taking no medication likely to interfere with safe driving.

Coronary artery bypass surgery and pacemaker implantation are remedial procedures and thus, not unqualifying. Implantable cardioverter defibrillators are disqualifying due to risk of syncope. Coumadin is a medical treatment which can improve the health and safety of the driver and should not, by its use, medically disqualify the commercial driver. The emphasis should be on the underlying medical condition(s) which require treatment and the general health of the driver. The FMCSA should be contacted at (202) 366-1790 for additional recommendations regarding the physical qualification of drivers on coumadin.

(See Cardiovasular Advisory Panel Guidelines for the Medical examination of Commercial Motor Vehicle Drivers at: <u>http://www.fmcsa.dot.gov/rulesregs/medreports.htm</u>)

Respiratory Dysfunction §391.41(b)(5)

A person is physically qualified to drive a commercial motor vehicle if that person:

Has no established medical history or clinical diagnosis of a respiratory dysfunction likely to interfere with ability to control and drive a commercial motor vehicle safely.

Since a driver must be alert at all times, any change in his or her mental state is in direct conflict with highway safety. Even the slightest impairment in respiratory function under emergency conditions (when greater oxygen supply is necessary for performance) may be detrimental to safe driving.

There are many conditions that interfere with oxygen exchange and may result in incapacitation, including emphysema, chronic asthma, carcinoma, tuberculosis, chronic bronchitis and sleep apnea. If the medical examiner detects a respiratory dysfunction, that in any way is likely to interfere with the driver's ability to safely control and drive a commercial motor vehicle, the driver must be referred to a specialist for further evaluation and therapy. Anticoagulation therapy for deep vein thrombosis and/or pulmonary thromboembolism is not unqualifying once optimum dose is achieved, provided lower extremity venous examinations remain normal and the treating physician gives a favorable recommendation.

Hypertension §391.41(b)(6)

A person is physically qualified to drive a commercial motor vehicle if that person:

Has no current clinical diagnosis of high blood pressure likely to interfere with ability to operate a commercial motor vehicle safely.

Hypertension alone is unlikely to cause sudden collapse; however, the likelihood increases when target organ damage, particularly cerebral vascular disease, is present. This regulatory criteria is based on FMCSA's Cardiovascular Advisory Guidelines for the Examination of CMV Drivers, which used the Sixth Report of the Joint National Committee on Detection, Evaluation, and Treatment of High Blood Pressure (1997).

Stage 1 hypertension corresponds to a systolic BP of 140-159 mmHg and/or a diastolic BP of 90-99 mmHg. The driver with a BP in this range is at low risk for hypertension-related acute incapacitation and may be medically certified to drive for a one-year period. Certification examinations should be done annually thereafter and should be at or less than 140/90. If less than 160/100, certification may be extended one time for 3 months.

A blood pressure of 160-179 systolic and/or 100-109 diastolic is considered Stage 2 hypertension, and the driver is not necessarily unqualified during evaluation and institution of treatment. The driver is given a one time certification of three months to reduce his or her blood pressure to less than or equal to 140/90. A blood pressure in this range is an absolute indication for anti-hypertensive drug therapy. Provided treatment is well tolerated and the driver demonstrates a BP value of 140/90 or less, he or she may be certified for one year from date of the initial exam. The driver is certified annually thereafter.

A blood pressure at or greater than 180 (systolic) and 110 (diastolic) is considered Stage 3, high risk for an acute BP-related event. The driver may **not** be qualified, even temporarily, until reduced to 140/90 or less and treatment is well tolerated. The driver may be certified for 6 months and biannually (every 6 months) thereafter if at recheck BP is 140/90 or less.

Annual recertification is recommended if the medical examiner does not know the severity of hypertension prior to treatment.

An elevated blood pressure finding should be confirmed by at least two subsequent measurements on different days.

Treatment includes nonpharmacologic and pharmacologic modalities as well as counseling to reduce other risk factors. Most antihypertensive medications also have side effects, the importance of which must be judged on an individual basis. Individuals must be alerted to the hazards of these medications while driving. Side effects of somnolence or syncope are particulary undesirable in commercial drivers.

Secondary hypertension is based on the above stages.

Epilepsy §391.41(b)(8)

A person is physically qualified to drive a commercial motor vehicle if that person:

Has no established medical history or clinical diagnosis of epilepsy or any other condition which is likely to cause loss of consciousness or any loss of ability to control a motor vehicle.

Epilepsy is a chronic functional disease characterized by seizures or episodes that occur without warning, resulting in loss of voluntary control which may lead to loss of consciousness and/or seizures. Therefore, the following drivers cannot be qualified: (1) a driver who has a medical history of epilepsy; (2) a driver who has a current clinical diagnosis of epilepsy; or (3) a driver who is taking antiseizure medication.

If an individual has had a sudden episode of a nonepileptic seizure or loss of consciousness of unknown cause which did not require antiseizure medication, the decision as to whether that person's condition will likely cause loss of consciousness or loss of ability to control a motor vehicle is made on an individual basis by the medical examiner in consultation with the treating physician. Before certification is considered, it is suggested that a 6 month waiting period elapse from the time of the episode. Following the waiting period, it is suggested that the individual have a complete neurological examination. If the results of the examination are negative and antiseizure medication is not required, then the driver may be qualified.

In those individual cases where a driver has a seizure or an episode of loss of consciousness that resulted from a known medical condition (e.g., drug reaction, high temperature, acute infectious disease, dehydration or acute metabolic disturbance), certification should be deferred until the driver has fully recovered from that condition and has no existing residual complications, and not taking antiseizure medication.

Drivers with a history of epilepsy/seizures off antiseizure medication **and** seizure-free for 10 years may be qualified to drive a CMV in interstate commerce. Interstate drivers with a history of a single unprovoked seizure may be qualified to drive a CMV in interstate commerce if seizure-free **and** off antiseizure medication for a 5-year period or more.

(See Conference on Neurological Disorders and Commercial Drivers at:

http://www.fmcsa.dot.gov/rulesregs/medreports.htm)

Mental Disorders §391.41(b)(9)

A person is physically qualified to drive a commercial motor vehicle if that person:

Has no mental, nervous, organic or functional disease or psychiatric disorder likely to interfere with ability to drive a motor vehicle safely.

Emotional or adjustment problems contribute directly to an individual's level of memory, reasoning, attention, and judgment. These problems often underlie physical disorders. A variety of functional disorders can cause drowsiness, dizziness, confusion, weakness or paralysis that may lead to incoordination, inattention, loss of functional control and susceptibility to accidents while driving. Physical fatigue, headache, impaired coordination, recurring physical ailments and chronic "nagging" pain may be present to such a degree that certification for commercial driving is inadvisable. Somatic and psychosomatic complaints should be thoroughly examined when determining an individual's overall fitness to drive. Disorders of a periodically incapacitating nature, even in the early stages of development, may warrant disqualification.

Many bus and truck drivers have documented that "nervous trouble" related to neurotic, personality, or emotional or adjustment problems is responsible for a significant fraction of their preventable accidents. The degree to which an individual is able to appreciate, evaluate and adequately respond to environmental strain and emotional stress is critical when assessing an individual's mental alertness and flexibility to cope with the stresses of commercial motor vehicle driving.

When examining the driver, it should be kept in mind that individuals who live under chronic emotional upsets may have deeply ingrained maladaptive or erratic behavior patterns. Excessively antagonistic, instinctive, impulsive, openly aggressive, paranoid or severely depressed behavior greatly interfere with the driver's ability to drive safely. Those individuals who are highly susceptible to frequent states of emotional instability (schizophrenia, affective psychoses, paranoia, anxiety or depressive neuroses) may warrant disqualification. Careful consideration should be given to the side effects and interactions of medications in the overall qualification determination. See Psychiatric Conference Report for specific recommendations on the use of medications and potential hazards for driving.

(See Conference on Psychiatric Disorders and Commercial Drivers at:

http://www.fmcsa.dot.gov/rulesregs/medreports.htm)

Vision §391.41(b)(10)

A person is physically qualified to drive a commercial motor vehicle if that person:

Has distant visual acuity of at least 20/40 (Snellen) in each eye with or without corrective lenses or visual acuity separately corrected to 20/40 (Snellen) or better with corrective lenses, distant binocular acuity of at least 20/40 (Snellen) in both eyes with or without corrective lenses, field of vision of at least 70 degrees in the horizontal meridian in each eye, and the ability to recognize the colors of traffic signals and devices showing standard red, green, and amber.

The term "ability to recognize the colors of" is interpreted to mean if a person can recognize and distinguish among traffic control signals and devices showing standard red, green and amber, he or she meets the minimum standard, even though he or she may have some type of color perception deficiency. If certain color perception tests are administered, (such as Ishihara, Pseudoisochromatic, Yarn) and doubtful findings are discovered, a controlled test using signal red, green and amber may be employed to determine the driver's ability to recognize these colors.

Contact lenses are permissible if there is sufficient evidence to indicate that the driver has good tolerance and is well adapted to their use. Use of a contact lens in one eye for distance visual acuity and another lens in the other eye for near vision is not acceptable, nor telescopic lenses acceptable for the driving of commercial motor vehicles.

If an individual meets the criteria by the use of glasses or contact lenses, the following statement shall appear on the Medical Examiner's Certificate: "Qualified only if wearing corrective lenses."

CMV drivers who do not meet the Federal vision standard may call (202) 366-1790 for an application for a vision exemption.

(See Visual Disorders and Commercial Drivers at: http://www.fmcsa.dot.gov/rulesregs/medreports.htm)

Hearing §391.41(b)(11)

A person is physically qualified to drive a commercial motor vehicle if that person:

First perceives a forced whispered voice in the better ear at not less than 5 feet with or without the use of a hearing aid, or, if tested by use of an audiometric device, does not have an average hearing loss in the better ear greater than 40 decibels at 500 Hz, 1,000 Hz, and 2,000 Hz with or without a hearing aid when the audiometric device is calibrated to American National Standard (formerly ADA Standard) Z24.5-1951.

Since the prescribed standard under the FMCSRs is the American Standards Association (ANSI), it may be necessary to convert the audiometric results from the ISO standard to the ANSI standard. Instructions are included on the Medical Examination report form.

If an individual meets the criteria by using a hearing aid, the driver must wear that hearing aid and have it in operation at all times while driving. Also, the driver must be in possession of a spare power source for the hearing aid.

For the whispered voice test, the individual should be stationed at least 5 feet from the examiner with the ear being tested turned toward the examiner. The other ear is covered. Using the breath which remains after a normal expiration, the examiner whispers words or random numbers such as 66, 18, 23, etc. The examiner should not use only sibilants (s sounding materials). The opposite ear should be tested in the same manner. If the individual fails the whispered voice test, the audiometric test should be administered.

If an individual meets the criteria by the use of a hearing aid, the following statement must appear on the Medical Examiner's Certificate "Qualified only when wearing a hearing aid."

(See Hearing Disorders and Commercial Motor Vehicle Drivers at: http://www/fmcsa.dot.gov/rulesregs/medrports.htm)

Drug Use §391.41(b)(12)

A person is physically qualified to drive a commercial motor vehicle if that person:

Does not use a controlled substance identified in 21 CFR 1308.II. Schedule I, an amphetamine, a narcotic, or any other habit-forming drug. Exception: A driver may use such a substance or drug, if the substance or drug is prescribed by a licensed medical practitioner who is familiar with the driver's medical history and assigned duties; and has advised the driver that the prescribed substance or drug will not adversely affect the driver's ability to safely operate a commercial motor vehicle.

This exception does not apply to methadone. The intent of the medical certification process is to medically evaluate a driver to ensure that the driver has no medical condition which interferes with the safe performance of driving tasks on a public road. If a driver uses a Schedule I drug or other substance, an amphetamine, a narcotic, or any other habit-forming drug, it may be cause for the driver to be found medically unqualified. Motor carriers are encouraged to obtain a practitioner's written statement about the effects on transportation safety of the use of a particular drug.

A test for controlled substances is not required as part of this biennial certification process. The FMCSA or the driver's employer should be contacted directly for information on controlled substances and alcohol testing under Part 382 of the FMCSRs.

The term "uses" is designed to encompass instances of prohibited drug use determined by a physician through established medical means. This may or may not involve body fluid testing. If body fluid testing takes place, positive test results should be confirmed by a second test of greater specificity. The term "habit-forming" is intended to include any drug or medication generally recognized as capable of becoming habitual, and which may impair the user's ability to operate a commercial motor vehicle safely.

The driver is medically unqualified for the duration of the prohibited drug(s) use and until a second examination shows the driver is free from the prohibited drug(s) use. Recertification may involve a substance abuse evaluation, the successful completion of a drug rehabilitation program, and a negative drug test result. Additionally, given that the certification period of less than 2 years if this examiner determines more frequent monitoring is required.

(See Conference on Neurological Disorders and Commercial Drivers and Conference on Psychiatric Disorders and Commercial Drivers at: http://www.fmcsa.dot.gov/rulesregs/medreports.htm)

Alcoholism §391.41(b)(13)

A person is physically qualified to drive a commercial motor vehicle if that person:

Has no current clinical diagnosis of alcoholism.

The term "current clinical diagnosis of" is specifically designed to encompass a current alcoholic illness or those instances where the individual's physical condition has not fully stabilized, regardless of the time element. If an individual shows signs of having an alcohol-use problem, he or she should be referred to a specialist. After counseling

,	MEDICAL EXAMINER'S CERTIFICATE									
	I certify that I have examined In accordance with the Federal Motor Car- rier Safety Regulations (49 CFR 391.41-391.49) and with knowledge of the driving duties, I find this person is qualified; and, if applicable, only when:									
1	wearing corrective lenses		☐ driving within an exempt intracity zone (49 CFR 391.62)	I						
I I	wearing hearing aid		accompanied by a Skill Performance Evaluation Certificate (SPE)	I I						
1	accompanied by a	waiver exemption	Qualified by operation of 49 CFR 391.64	i						
I I		_		1						

Т

I The information I have provided regarding this physical examination is true and complete. A complete examination form with any attachment embodies my findings completely and correctly, and is on file in my office. Т

SIGNATURE OF MEDICAL EXAMINER	TELEPH	DATE	
MEDICAL EXAMINER'S NAME (PRINT)			Chiropractor Advanced Practice Nurse
MEDICAL EXAMINER'S LICENSE OR CERTIFICATE NO./ISSUING STATE			
I SIGNATURE OF DRIVER	DRIVER'	S LICENSE NO.	STATE
ADDRESS OF DRIVER			•
I I MEDICAL CERTIFICATE EXPIRATION DATE I I			