

Your Blood Pressure

The DOT regulations state that a driver must have no current clinical diagnosis of high blood pressure likely to interfere with his/her ability to operate a commercial motor vehicle safely. In 2003 the DOT changed the recommendations for the certification of drivers with high blood pressure. Once a diagnosis of high blood pressure has been made, the longest period of certification allowable under DOT regulations is one year.

This table summarizes the DOT blood pressure guidelines.

BP Level	BP Range	Action
Normal	less than 140/90	Issue a 2 year card
Stage 1	140-159/90-99	Issue a 1 year card Recommend evaluation by the driver's own doctor
Stage 2	160-179/100-109	3 month card once Re-evaluate in 3 months If less than or equal to 140/90, then issue a 1 year card from the date of the first exam If not less than 140/90, no card is issued until the driver's blood pressure is controlled Once controlled, recertify annually
Stage 3	Systolic greater or equal to 180 and/or Diastolic greater or equal to 110	Immediate disqualification Once controlled to less than or equal to 140/90, certify for 6 months from the date of the first exam Re-exam every 6 months. If BP is not less than 140/90, then disqualify until control is achieved.