



DOT Medical Clearance Request

Anxiety Disorders

In accordance with Federal Motor Carrier Safety Administration (FMCSA) guidelines, we respectfully request your professional opinion regarding this driver's ability to safely operate a commercial vehicle given their history of **Anxiety**. The medical examiner will use your clinical input to determine whether this driver's condition and treatment are unlikely to interfere with the ability to safely operate a commercial motor vehicle.

PATIENT NAME	DATE OF BIRTH

FMCSA Guidelines — Anxiety Disorders

For certification, please confirm the following:

- The driver's anxiety is currently well-controlled and not substantially incapacitating
- Anxiety episodes are infrequent and not prolonged in duration
- The driver maintains adequate attention, judgment, and impulse control for commercial driving
- Treatment has been shown to be adequate, effective, safe, and stable

Please provide the following information:

- Current medication name(s), dosage, and frequency
- If a benzodiazepine is prescribed: confirm it is **short-acting (half-life less than 5 hours)** at the lowest effective dose
- Confirmation that the medication does not produce side effects that would impair safe driving
- Confirmation that the driver has been advised their medication will not adversely affect their ability to safely operate a commercial motor vehicle

The following are disqualifying under FMCSA regulations:

- Anxiety that is substantially incapacitating, frequent, or prolonged
- Anxiety requiring multiple medications to control or whose control remains incomplete
- Use of sedating anxiolytics or barbiturates with documented impairment in driving-relevant skills
- Medication side effects that interfere with safe vehicle operation
- Active psychosis, suicidal ideation, or substantially compromised judgment

Commercial Driver Physical Demands

Commercial motor vehicle operation places substantial physical demands on drivers that extend well beyond the act of driving. Drivers are routinely required to load and unload cargo, couple and uncouple trailers requiring full range of motion to climb, grip, and pull, lift and install tire chains weighing between 35 and 90 pounds, and tarp open trailers requiring lifting motions of 50 to 100 pounds — often after extended periods of sitting without a stretching period. In addition to these labor demands, drivers must maintain sustained perceptual alertness, control an oversized steering wheel, operate manual transmissions, maneuver large vehicles in confined spaces, and safely enter and exit the cab, which is physically comparable to climbing a ladder. These combined physical and cognitive demands should be carefully considered when determining this driver's fitness for commercial driving duties.



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Provider Certification

- ☐ **CLEARED** — The driver meets the above requirements and in my clinical opinion is medically cleared to safely operate a commercial motor vehicle.
- ☐ **NOT CLEARED** — The driver does not meet the above requirements and in my clinical opinion cannot safely operate a commercial motor vehicle at this time.
- ☐ **CLEARED WITH DISCRETION** — The driver does not meet one or more guidelines; however, in my clinical opinion the driver is safe to operate a commercial motor vehicle for the following reason(s):

PROVIDER NAME (PRINT)

SPECIALTY / TITLE

DATE

PROVIDER SIGNATURE

ADDRESS (CITY, STATE, ZIP)

PHONE / FAX

This form must be completed and signed prior to the scheduled examination date. A physician office stamp is strongly recommended to validate the authenticity of this document. Incomplete or unstamped forms may delay the certification process. Thank you for your cooperation in supporting the safe operation of commercial motor vehicles on our nation's roadways

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