



DOT Medical Clearance Request

Hypertension / High Blood Pressure

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 **Hypertension / High Blood Pressure**. 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 — Hypertension / High Blood Pressure

FMCSA Hypertension Staging and Certification Periods (2024 Advisory Criteria):

Stage	Blood Pressure	Initial Certification	Ongoing Certification
Stage 1	140–159 / 90–99 mmHg	1-year certificate	Annual; BP ≤140/90 required
Stage 2	160–179 / 100–109 mmHg	One-time 3-month certificate to initiate/adjust treatment	1-year if BP ≤140/90 and treatment tolerated
Stage 3	≥180 / ≥110 mmHg	Not certifiable until BP ≤140/90	6-month certificate; biannual thereafter

For certification, please confirm:

- Most recent blood pressure reading and date obtained in a clinical setting
- Current hypertension stage and whether blood pressure is at or below 140/90 mmHg on treatment
- Treatment has been shown to be adequate, effective, safe, and stable
- Driver does not experience medication side effects that would impair safe driving — including somnolence, dizziness, or orthostatic hypotension
- No evidence of hypertensive target organ damage — including cerebrovascular disease, retinopathy, renal insufficiency, or cardiac enlargement

The following are disqualifying:

- Stage 3 hypertension (≥180/110 mmHg) — driver **cannot be certified** until blood pressure is at or below 140/90 mmHg and treatment is well-tolerated
- Hypertensive target organ damage causing cerebrovascular disease, renal disease, or cardiac disease that is independently disqualifying under applicable FMCSA standards
- Antihypertensive medication side effects — including somnolence, syncope, or orthostatic hypotension — that interfere with the safe operation of a commercial motor vehicle



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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.

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. [RoadReadyMed.com](https://www.RoadReadyMed.com)