



Health Regulations & Your CDL

July 22, 2010

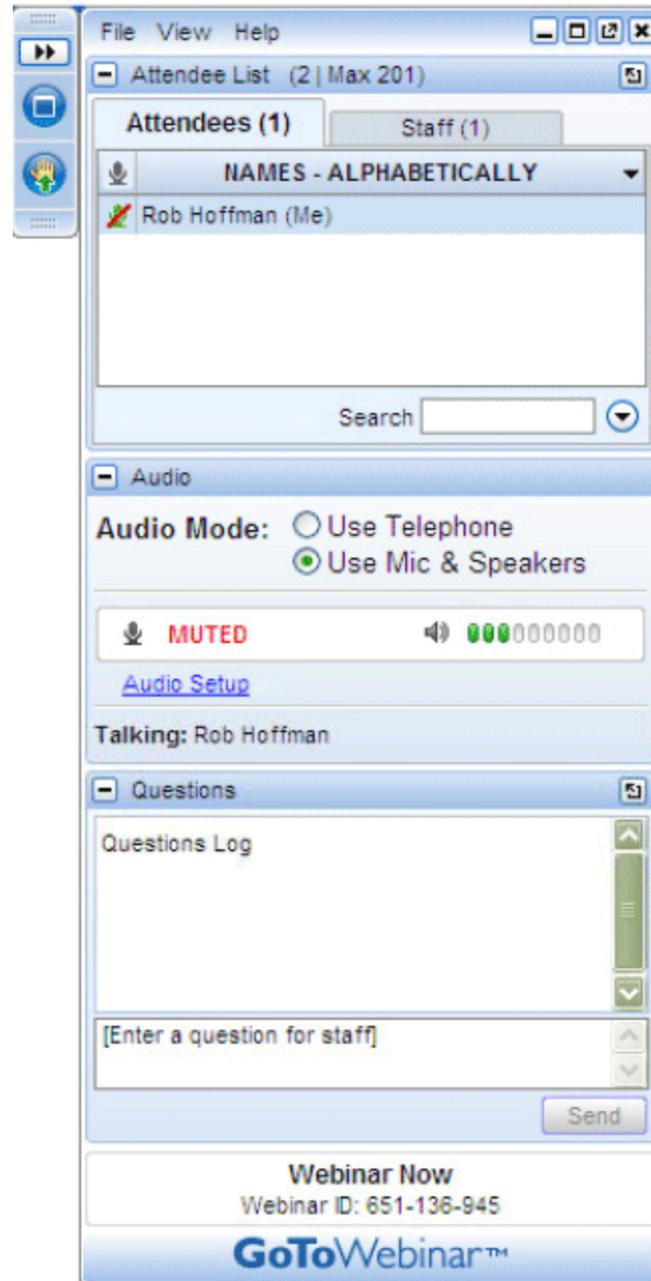


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Editor
Truckers News



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Director of Office of Medical Programs
Federal Motor Carrier Safety Administration

Tips for using the control panel





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Health and Your CDL:

Why Your Medical Fitness for Duty is Important

Federal Motor Carrier Safety Administration
Washington, DC, USA



Today's Presentation:

- ❖ **The Relationship between Health and Safety**
- ❖ **What We Do and Why It's Important**
- ❖ **Your Medical Fitness for Duty Qualifications and Driver Physical Examination**
- ❖ **Real World Health Issues and Driving**
- ❖ **Your Questions, Our Answers**

FMCSA Mission

Reduce crashes, injuries, and fatalities involving large trucks and buses on America's roads.



FMCSA Medical Program Vision

All bus and truck drivers are healthy, safe and medically fit to drive. Everyone - drivers, medical examiners, bus and truck companies and the public - understands and values the importance of driver health and wellness, and our safety regulations, policies and programs.



Number of CDL Holders

- ❑ 14 Million CDL holders
- ❑ Estimated > 400,000 new commercial drivers each year
- ❑ 40,000 new records added per month

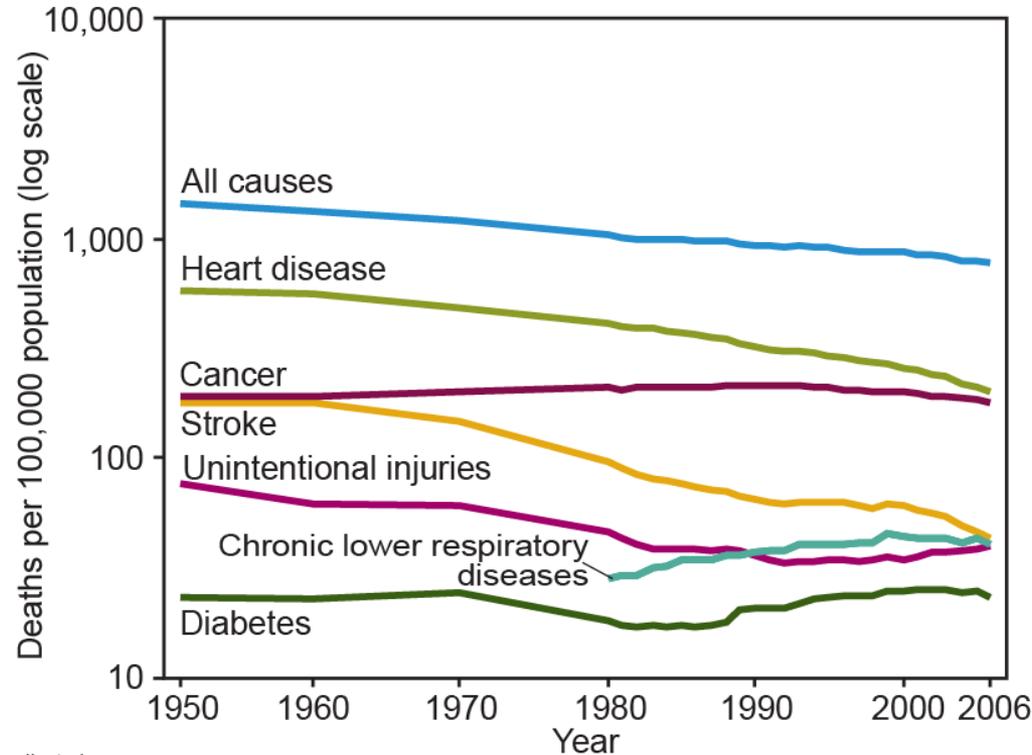
Drivers On Our Roads

- ❑ 7 Million active drivers
- ❑ Estimated 400,000 driver medical examinations performed each month
- ❑ Examinations are conducted every two years, at a minimum



Leading Causes of Death (2007)

Death rates for leading causes of death: All ages



Top 15 Causes

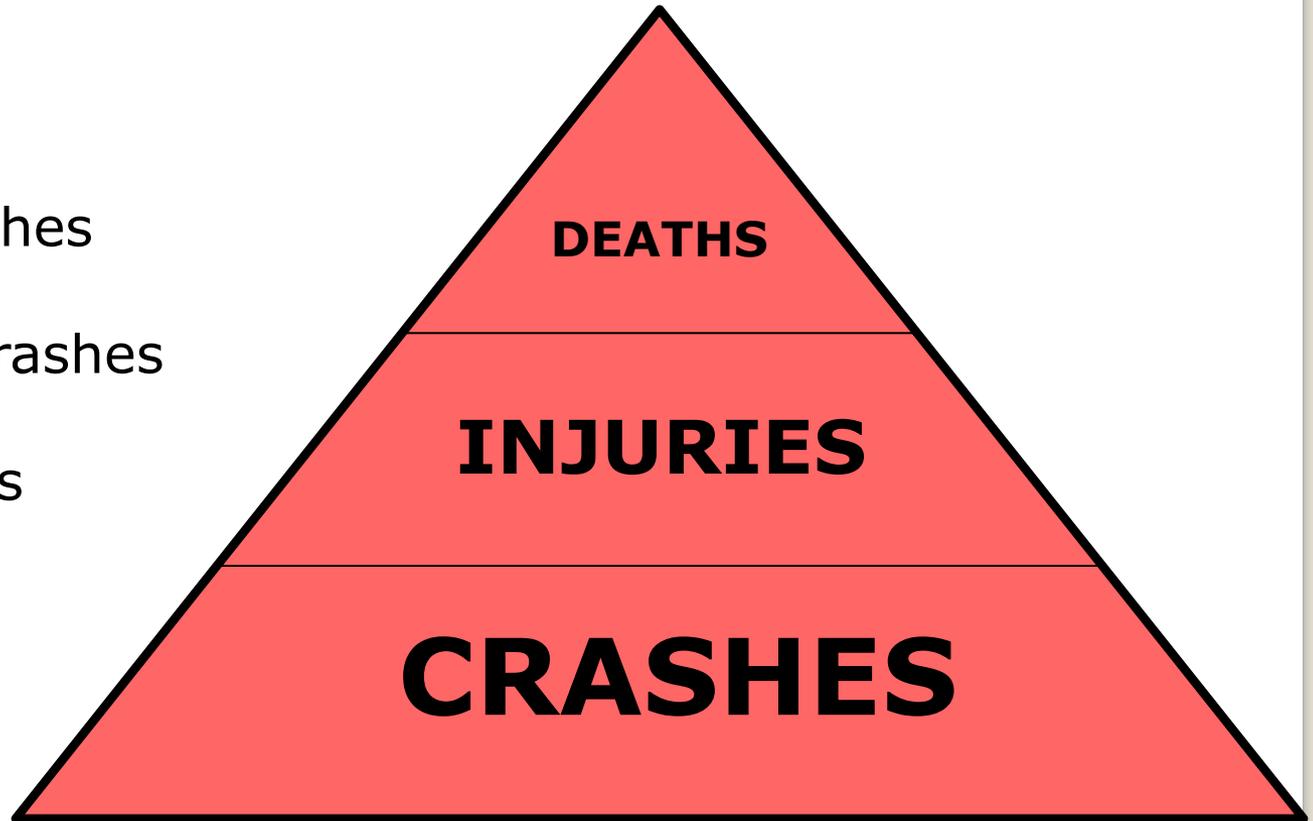
- 1) Heart Disease
- 2) Cancer
- 3) Stroke
- 4) Chronic Lower Respiratory Disease
- 5) Accidents (Unintentional injury)
- 6) Alzheimer's disease
- 7) Diabetes Mellitus
- 8) Influenza and Pneumonia
- 9) Kidney Disease (Nephritis)
- 10) Septicemia
- 11) Suicide
- 12) Liver disease and Cirrhosis
- 13) High blood pressure (hypertension)
- 14) Parkinson's disease
- 15) Homicide (assault)

Age-adjusted.
SOURCE: CDC/NCHS, *Health, United States, 2009*, Figure 18. Data from the National Vital Statistics System.

Source: CDC National Center for Health Statistics (NCHS), 2010

Health Translates to Safety

- 4,313 fatal crashes
- 59,376 injury crashes
- 148,246 crashes



Source: FARS & MCMIS, March 2010 (2008 data)

What We Do and Why

Safety is our priority!

- Regulate interstate commercial operations
- Provide oversight for the commercial driver medical certification program



Regulations...

What They Mean to You

- Apply to transportation safety-sensitive workers
- Define medical fitness for duty requirements
- Our safety regulations date back to 1941
- We regulate interstate commercial drivers, the state regulates intrastate drivers

Part 391.41 (Medical Rules)

Part 392.3 (Ill or Fatigued Operator)

...no operation while the driver's ability or alertness is so impaired, or so likely to become impaired, through fatigue, illness, or any other cause, as to make it unsafe for him/her to begin or continue to operate the commercial motor vehicle.

Benefits of Being Medically Fit for Duty

By being medically fit you:

- Reduce the likelihood of crashes, injuries, and fatalities involving large trucks and buses
- Are healthier and feel better
- Are more productive while working
- Are a safer driver



Quick Overview of the Medical Examination

- The examination is used to determine if a driver is qualified to operate a CMV safely to help ensure driver safety as well as public safety
- The medical certificate is valid for a maximum of 2 years except...
 - ...may be valid for less time depending on certain conditions;
i.e. high blood pressure, and sleep disorders

Blueprint of the Examination

Not just a routine physical, the examination is for public safety and covers:

- ✓ Health History
- ✓ Vision
- ✓ Hearing
- ✓ Blood Pressure/Pulse Rate (vital signs)
- ✓ Laboratory (and other test findings)
- ✓ Body Systems (e.g. cardiovascular, neurological)



Who is the Medical Examiner?

The Medical Examiner can be a(n):

- Medical Doctor
- Doctor of Osteopathy
- Physician Assistant
- Advanced Practice Nurse/ Nurse Practitioner
- Chiropractor



During the Physical Examination...

- The medical examiner evaluates blood pressure and pulse, vision, hearing, and the urine test
- You need to provide, and verify, your health history
- The medical examiner should discuss medications and side effects with you



Your Health and Driving

- Overall health
- Underlying medical conditions
- Medications
- Other treatments



Real World Issues:

High Blood Pressure (Hypertension)

Current Rule: *[A person is physically qualified to drive a commercial motor vehicle if that person]* 391.41 (b)(6) Has no current clinical diagnosis of high blood pressure likely to interfere with his/her ability to operate a commercial motor vehicle safely

Importance: There can be serious side effects related to High Blood Pressure such as loss of consciousness, stroke, and heart attack

Definition

High Blood Pressure (Hypertension): the condition in which blood exerts too much pressure on the walls of blood vessels. Pressure can rise and stay too high – damaging blood vessels, the heart, brain, eyes, and other vital organs.

Stages	Blood Pressure	Certification
Stage 1	140-159/90-99 mmHg	Yes, annual
Stage 2	160-179/100-109 mmHg	Yes, 1 time for 3 months
Stage 3	> 180/110 mmHg	No, immediately disqualifying



Real World Issues:

High Blood Pressure (Hypertension)

You CAN drive if:

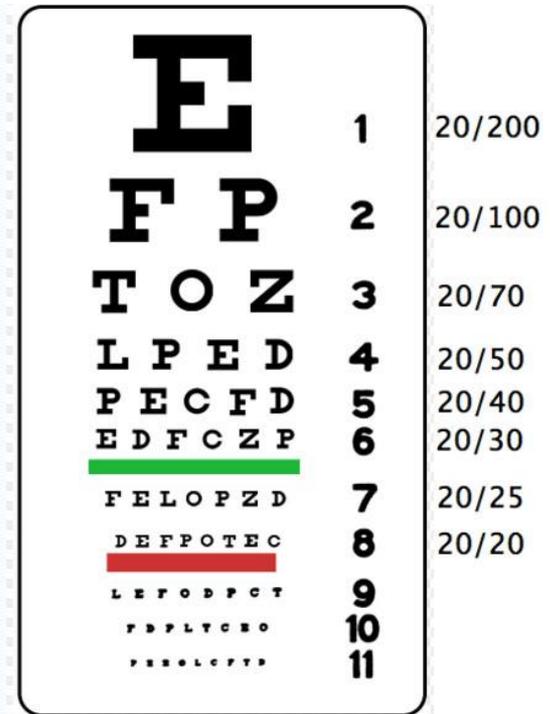
- You are being treated with medication effectively
- You have no serious side effects to the medication (e.g., headaches, vision changes)
- Medical examiner certifies you, whether for 3 months or 2 years



Real World Issues: Vision

Current Rule: 391.41 (b)(10) *[A person is physically qualified to drive a commercial motor vehicle if that person has:]*

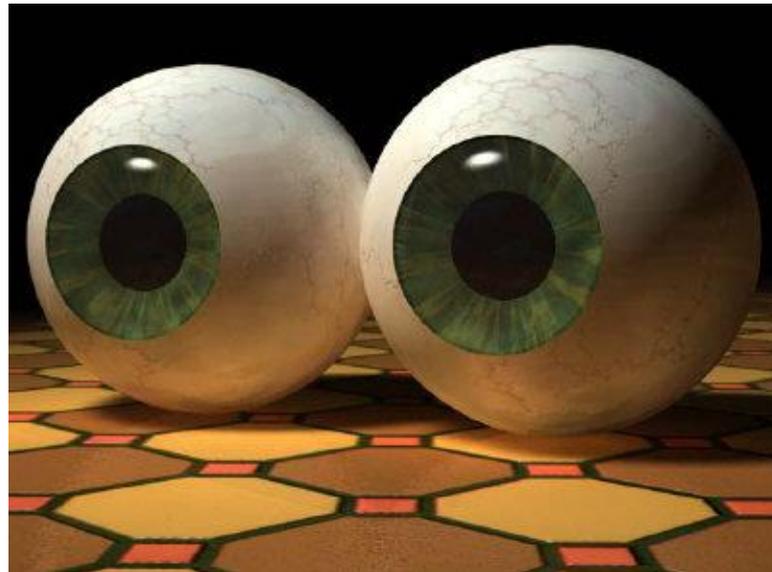
- distant visual acuity of at least 20/40 in each eye with or without corrective lenses
- distant binocular acuity of at least 20/40 in both eyes with or without corrective lenses,



Real World Issues: **Vision**

Current Rule cont.:

- field of vision of at least 70°
- the ability to recognize the colors of traffic signals and devices showing standard red, green, and amber



Definitions

Visual Acuity: The ability to distinguish details and shapes of objects. It does not include depth perception, peripheral vision, or color blindness.

Distant Binocular Acuity: The ability to clearly see past the length of one's arm to distinguish details and shapes and able to use both eyes together for depth perception.

Field of Vision: Without moving your eyes, what you see straight ahead, as well as what is above, below and off to either side.

Color Blindness: The inability to see certain colors. It is rare to not be able to see any color (achromatopsia). Red-green color blindness is the most common, in which you cannot differentiate between the two colors.

Real World Issues: **Vision**

Importance:

- Good eyesight is critical while driving because you are aware of your surroundings
- Peripheral vision allows you to safely maneuver in traffic and on challenging roads
- Depth perception and acuity helps you position your vehicle safely around others in driving as well as when you park

Real World Issues: **Vision**

You CAN drive if you:

- Are examined every two years
- Have no other medical disqualifications
- Wear corrective lenses, as prescribed, while driving



Real World Issues:

Diabetes Mellitus

Current Rule: *[A person is physically qualified to drive a commercial motor vehicle if that person]* 391.41 (b)(3) Has no established medical history or clinical diagnosis of diabetes mellitus currently requiring insulin for control

Importance:

- Those with this condition are at risk for hypoglycemic episodes that could result in an impaired state or loss of consciousness.
- If a dosage of insulin is missed the driver may be at risk for a hyperglycemic episode which can result in blurred vision and numbness of the limbs, feet and hands.

Definitions

Diabetes Mellitus: a disease that prevents the body from properly using the energy from food because either too little insulin is produced or the pancreas does not function correctly.

Type 1: Patients produce little or no insulin which causes blood glucose to rise. (formerly known as childhood diabetes because most common in people under the age of 20.)

Type 2: Patients produce not enough or damaged insulin which causes blood glucose to rise. (most common for people over the age of 40 and who are overweight.)

Definitions

Hypoglycemia: occurs when the body's blood glucose is too low, typically $<45\text{mg/dL}$.

Hyperglycemia: occurs when the body's blood glucose level is too high, $>180\text{mg/dL}$ for more than a week or $>300\text{mg/dL}$ two readings in a row.



Real World Issues:

Diabetes Mellitus

You CAN drive if:

- You are being treated with diet, exercise, and/or non-insulin medication effectively
- You have no serious side effects to the medication (e.g. headaches, vision changes)



Real World Issues:

Prosthetic Devices

Current Rule: 391.41 (b) (1)-(2)(ii) *[A person is physically qualified to drive a commercial motor vehicle if that person has]*

- No loss of a foot, a leg, a hand, or an arm, or has been granted a skill performance evaluation certificate
- No impairment of a hand or finger which interferes with prehension or power grasping
- No impairment of 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 skill performance evaluation certificate

Real World Issues:

Prosthetic Devices

Importance: A loss of limb may affect the efficiency you operate your commercial vehicle. The loss of an arm or hand will most likely affect your steering ability and the loss of a leg or foot may prohibit you from being able to operate the pedal and/or move safely in/out of the vehicle

You CAN drive as a limb amputee if:

- You have no other medical disqualifications
- Can successfully pass a road test
- You wear your prosthetic device while driving
- You have a Skills Performance Evaluation (SPE) certificate



Real World Issues:

Medications

Current Rule: *[A person is physically qualified to drive a commercial motor vehicle if that person]* 391.41

- (b) (12)(i) Does not use a controlled substance, an amphetamine, a narcotic, or any other habit-forming drug

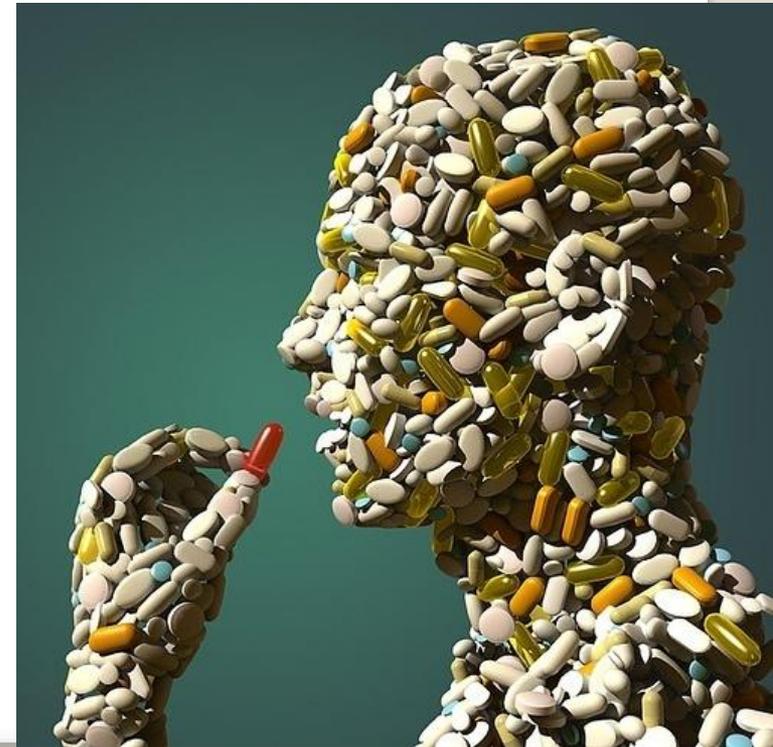
- (b)(12)(ii) **Exception.** A driver may use such a substance or drug, if the substance or drug is prescribed by a licensed medical practitioner who:
 - Is familiar with the driver's medical history and assigned duties
 - Has advised the driver that the prescribed substance or drug will not adversely affect the driver's ability to safely operate a commercial motor vehicle

Real World Issues:

Medications

Drug Interactions:

- May occur when multiple medications are taken
- Can strengthen, weaken, or otherwise alter the normal effects of the medication



Medications...

You CAN drive if you:

- Have a prescription and understand the side effects
- Take the medications as prescribed
- Have no side effects that interfere with safe driving (e.g. fatigue)
- Use over-the-counter medications and supplemental alternatives with caution

Summary

- ❖ Your health is important!
- ❖ Good health translates to safe driving!
- ❖ Invest in your health for safety's sake!

Contact Us!

Office of Medical Programs

<http://www.fmcsa.dot.gov/rules-regulations/topics/medical/medical.htm>

Email: fmcsamedical@dot.gov



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Questions?

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