

BLOOD PRESSURE TRACKER

MONTH	ł:		
NAME:			

WHAT: Blood pressure is taken in DOT physical exam to ensure it meets the standards required for safe driving. Blood pressure under 140/90 mmHg is considered acceptable for DOT certification without restrictions.

WHEN: Twice a day: morning and late afternoon. Try to take it at the same time each day. Recommendation: Don't smoke, exercise or drink caffeinated or alcoholic beverages within 30 min of meassurement.

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	Pulse:	Pulse:		
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PRESSURE CATEGORY	SYSTOLIC DIASTOLIC
NORMAL	<120 O <80
ACCEPTABLE DOT CERTIFICATE FOR 2 YEARS	≤140 O ≤90
STAGE 1	>140 O >90
STAGE 2	160 -179 O 100-109
STAGE 3	>179 O >109

HOW: Sit confortably with both feet on the floor and sit for 5 minutes before laking your blood pressure. Rest your arm on a table so blood pressure cuff is at same level as

your heart. Don'tal.

RECORD: Record results of all three readings. Use the chart

below.

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