# UFA Safety Message

**An Official Communication from the UFA Health and Safety Office**

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## Medication Compatibility With Full Duty

In an effort to provide clear guidance for members, particularly as it relates to cardiovascular risk reduction and commonly prescribed medications, the FDNY Bureau of Health Services (BHS) has provided the following summary of medications that are compatible and not compatible with full duty status.

### Cardiovascular Risk Reduction (Hypertension)

If the purpose of this guidance is to address cardiovascular risk reduction, starting with hypertension, the medications compatible with full duty are all of the first-line agents including:

- ACE inhibitors
- Angiotensin II receptor blockers (ARBs)
- Calcium channel blockers
- Thiazide diuretics (up to 25 mg)

Blood pressure medications **not compatible with full duty** include:

- Beta blockers
- Vasodilators (hydralazine)
- Centrally acting agents (clonidine)

### Cholesterol Medications

- All medications used to treat cholesterol are compatible with full duty.

### Diabetes Medications

- All oral diabetes medications and injectable medications are compatible with full duty **except for short-acting insulin**, unless the member has completed the FDNY diabetes protocol.

### NFPA Category A Medications – Not Compatible With Full Duty

According to NFPA guidelines, the following Category A medications are not compatible with full duty:

- Narcotics
- Sedative-hypnotics
- Anticoagulants
- Beta blockers
- High dose diuretics
- Centrally acting anti-hypertensives (e.g., clonidine)
- Bronchodilators (albuterol)
- Inhaled steroids
- Oral steroids

### Category B Medications – Case Dependent

Some medications fall into Category B where compatibility may depend on dosage and circumstances. Examples include:

- **Anabolic steroids:** Testosterone is allowed when prescribed by a physician at a therapeutic dosage.
- **Oral anti-inflammatories:** Permitted.
- **Biologic agents for autoimmune conditions:** Require stability on the medication prior to return to duty (6 months for Fire members and 3 months for EMS members).
- **Muscle relaxants:** Low-dose muscle relaxants may be taken on an as-needed basis when not on duty.

*Fraternally,*

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