FITNESS FOR DUTY RESTRICTIONS OF MEDICATIONS
FOR EMPLOYEES PERFORMING SAFETY-SENSITIVE DUTIES

BNSF *RAILWAY*

WHO: These restrictions apply to all employees, exempt and scheduled, who perform safety-sensitive duties including (but not limited to):
1. Employees who operate a BNSF owned/leased vehicle or mechanized equipment, OR
2. Employees who perform safety-sensitive field operations (to include TYE, Engineering, Mechanical, Intermodal Equipment Operators, Resource Protection, Telecommunications, Crew Haulers, Bridge Operators), OR
3. Employees who dispatch trains.

ACTION: Comply with the below restrictions as well as the Use of Alcohol and Drugs Policy and Safety Rule 1.2.11.

SUMMARY: Each employee is responsible for ensuring that he/she can safely perform their duties. If you have a prescription for and/or are taking any potentially impairing medication, you should show these restrictions to your personal doctor, discuss your safety-sensitive job duties and, under your doctor's supervision, find/transition to a treatment option that complies with these restrictions and allows you to safely perform your safety-sensitive duties.

RESTRICTED MEDICATIONS

The last dose of these medications must be **at least 24 hours prior** to reporting for safety-sensitive duty. These medications may not be taken while on duty. Regular or frequent use of these medications poses significant safety risks for employees performing safety-sensitive duties. Accordingly, employees are responsible for working with their personal doctor to find a medication/treatment that adheres to these restrictions.

Opioid and Synthetic Opioid Drugs

(Not all inclusive; most common medications)

Generic Name	Brand Examples
Buprenorphine	Buprenex, Butrans, Suboxone, Subutex
Butorphanol	Stadol
Fentanyl	Abstral, Actiq, Fentora, Duragesic, Lazanda, Onsolis, Sublimaze
Hydrocodone (extended release)	Hysingla ER, Roxicodone, OxyIR, Zohydro ER
Hydromorphone	Dilaudid, Palladone
Meperidine	Demerol
Methadone	Dolophine, Methadose
Morphine	Astramorph, Avinza, Duramorph Infumorph, Kadian, MS Contin, MSIR, Oramorph, Roxanol
Nalbuphine	Nubain
Oxycodone (extended release)	OxyContin, Dazidox, Oxecta, Oxyfast, OxyIR, Percolone, Roxicodone, Roxicodone Intensol, Tarqiniq
Oxymorphone	Opana
Pentazocine	Talwin NX
Tapentadol	Nucynta
Tramadol	ConZip, Rybix, Ultram

Benzodiazepine Drugs

(Not all inclusive; most common medications)

Generic Name	Brand Examples
Alprazolam	Xanax
Clonazepam	Klonopin
Clorazepate	Tranxene
Diazepam	Valium
Midazolam	Versed
Lorazepam	Ativan
Oxazepam	Serax
Temazepam	Restoril
Triazolam	Halcion

Barbiturate Drugs

(Not all inclusive; most common medications)

Generic Name	Brand Examples
Amobarbital	Generic versions
Butabarbital	Generic versions
Butalbital	Esgic, Fioricet, Fiorinal, Phrenilin
Pentobarbital	Nembutal
Phenobarbital	Generic versions
Secobarbital	Seconal

Others

Generic Name	Brand Examples
Carisoprodol	Soma
Eszopiclone	Lunesta
*Zolpidem Extended Release	Ambien CR

*Note: Extended Release version only

8-HOUR RESTRICTIONS

The last dose of these medications must be **at least 8 hours prior** to reporting for safety-sensitive duty and may not be taken while on duty. Employees are responsible for working with their personal doctor to ensure use of any of these medications adheres to these restrictions.

Generic Name	Brand Examples
Codeine	Tylenol with codeine no. 3, Empirin no. 4
Dihydrocodeine	Panlor DC, Synalgos DC, Zerlor
Diphenhydramine	Benadryl, Tylenol PM, Robitussin PM, ZzzQuil, and other "night time" cold and/or pain medicines
Hydrocodone	Vicodin, Hysingla, Zohydro, Norco
Oxycodone	Combunox, Endocet, Endodan, Endocodone, Percocet, Percodan, Roxicet, Roxiprin, Tylox

If you have questions, please contact someone on your division Field Medical team (Medical Manager, Employee Assistance Manager, Wellness Manager) or leave a voicemail at 888-634-1011, option 9.

Effective: January 15, 2018

BNSF RAILWAY	**Medical Manager**	**Employee Assistance Manager**	**Wellness Manager**
CALIFORNIA	███████	███████	███████
CHICAGO	███████	███████	███████
HEARTLAND	███████	███████	███████
KANSAS	███████	███████	███████
MONTANA	███████	███████	███████
NORTHWEST	███████	███████	███████
POWDER RIVER	███████	███████	███████
RED RIVER	███████	███████	███████
SOUTHWEST	███████	███████	███████
TWIN CITIES	███████	███████	███████

Or leave a voicemail at ███████████