



Summary of Hours of Service Regulations (HOS)

HOURS-OF-SERVICE RULES

11-Hour Driving Limit

May drive a maximum of 11 hours after 10 consecutive hours off duty.

14-Hour Limit

May not drive beyond the 14th consecutive hour after coming on duty, following 10 consecutive hours off duty. Off-duty time does not extend the 14-hour period.

Rest Breaks

May drive only if 8 hours or less have passed since end of driver's last off-duty or sleeper berth period of at least 30 minutes. *Does not apply to drivers using either of the short-haul exceptions in 395.1(e).*

60/70-Hour Limit

May not drive after 60/70 hours on duty in 7/8 consecutive days. A driver may restart a 7/8 consecutive day period after taking 34 or more consecutive hours off duty.

Suspended!

NOTICE: The Consolidated and Further Continuing Appropriations Act of 2015 was enacted on December 16, 2014, suspending enforcement of new requirements for use of the 34-hour restart, pending a study. Based on the findings from the study, the 34-hour restart rule in operational effect on June 30, 2013, is restored to full force and effect. The requirement for two off-duty periods of 1:00 a.m. to 5:00 a.m. in section 395.3(c) of the Agency's hours-of-service rules will not be enforced, nor will the once-per-week limit on use of the restart in 395.3(d).

Sleeper Berth Provision

Drivers using the sleeper berth provision must take at least 8 consecutive hours in the sleeper berth, plus a separate 2 consecutive hours either in the sleeper berth, off duty, or any combination of the two.

Focus- On being in compliance with the rules set forth in the HOS Regulations. No Exceptions!

Anticipate and Adjust- Know your rest break limits and adhere to them. Driving is not allowed if 8 hours has passed since the last off duty period of at least 30 minutes.

Correct- Make sure you know the limits for HOS for the day. Make sure to take rest breaks on time to avoid violations.

Talk- Inform Dispatch when you are running low on hours or might run out for the day. Plan ahead and allow at least 2 hours to make arrangements if a layover is needed.