

MAXIMUM  **DRIVING TIME** **= 11** **Hours** 
Per Day

MAXIMUM **ON DUTY TIME** **= 14** **Hours**
Per Day

Short-Haul Operations

150 air-mile radius driver exemption requirements

Operates within a 150 air-mile radius of the normal work reporting location

Returns to the work reporting location and is released from work within 14 consecutive hours; except, driver may work up to 16 hours a day no more than 2 times each week

Property-carrying commercial motor vehicle driver has at least 10 consecutive hours off duty separating each 14 hours on duty

MAXIMUM WEEKLY ON DUTY TIME

A driver may not drive after having been on duty for **60** hours in **7** consecutive days for employers that do not operate every day of the week

A driver may not drive after having been on duty for **70** hours in **8** consecutive days for employers that operate every day of the week

RESTART PROVISION

34 consecutive hours off duty may restart any **60** or **70** hour per week operation

SOURCES

<https://www.fmcsa.dot.gov/regulations/hours-of-service>
Effective December 2011



TEAMSTERS SAFETY AND HEALTH DEPARTMENT
www.teamstersafety.org

MAXIMUM  **DRIVING TIME** **= 11** **Hours** 
Per Day

MAXIMUM **ON DUTY TIME** **= 12** **Hours**
Per Day

Short-Haul Operations

100 air-mile radius driver exemption requirements

Operates within a 100 air-mile radius of the normal work reporting location

Returns to the work reporting location and is released from work within 12 consecutive hours

Property-carrying commercial motor vehicle driver has at least 10 consecutive hours off duty separating each 12 hours on duty

MAXIMUM WEEKLY ON DUTY TIME

60 hours in **7** consecutive days for employers that do not operate everyday of the week

70 hours in **8** consecutive days if employer operates everyday of the week

34 consecutive hours off duty may restart any **60** or **70** hour per week operation

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The following table summarizes the HOS regulations for CDL Qualified property-carrying drivers.

PROPERTY-CARRYING DRIVERS

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). [49 CFR 397.5 mandatory "in attendance" time may be included in break if no other duties performed]

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**.

16-Hour Provision

Driver may extend work day to **16 hours** if:

Driver returned to normal work reporting location for the previous five duty tours

Has not used the provision within the previous **6-consecutive days**, except when a driver has started a new work week by using the **34-hour** restart provision.

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REQUIRES

14  HOUR WORKDAY

10  HOUR BREAK

11  OF THE 14 ON DUTY HOURS MAY BE SPENT DRIVING

REQUIRED BY

30  MIN. BREAK

8th HOUR of 14 HOURS ON DUTY

34^C HOUR RESTART

- ➔ Allows the driver to restart the **60 or 70hr** weekly clock of available on duty hours
- ➔ Resets a driver's "weekly" hours back to zero
- ➔ Optional not mandatory

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