Federal Hours-Of-Service Rules

Day
- A 24-hour period begins at the hour designated by the carrier.
- Maximum 10 hrs off-duty in the day.
- Maximum 13 hrs driving in the day.
- No driving after 14 hrs on-duty in the day.

Work-shift
- The total elapsed time between 2 off-duty hours is at least 8 consecutive hours.
- No driving after 16 hrs of total elapsed time in the work-shift.
- Maximum 13 hrs driving in the work-shift.
- No driving after 14 hrs on-duty in the work-shift.

Cycles
- Drivers must select one of two cycles:
  Cycle 1:
  - No driving after 70 hrs on-duty in 7 days.
  Cycle 2:
  - No driving after 120 hrs in 14 days;
  - driver must take at least 24 consecutive hours off-duty prior to accumulating 70 hrs on-duty

Deferring Off-Duty Time
- Drivers may reduce their off-duty requirement of 10 hrs by up to 2 hrs providing:
  - the 2 hrs are not part of the 8 consecutive off-duty hours on Day 1;
  - the reduced time is added to the 8 consecutive off-duty hours taken on Day 2;

All drivers must take 24 consecutive off-duty hours every 14 days.

For more information, log-on to www.transportation.alberta.ca

Federal Hours-Of-Service Rules

Reset / Switch Cycles
- A cycle can be reset or can switch cycles at any time by taking:
  - 30 consecutive hours off to reset Cycle 1 or switch from Cycle 1.
  - 72 consecutive hours off to reset Cycle 2 or switch from Cycle 2.

Required Rest
- Some hours of service regulations apply for driving and on-duty limits;
- Work-shift limits on either side of each sleeper period are met.
- May split required off-duty hours into 2 periods if:
  - neither period is less than 2 hours;
  - total sleeper berth time is at least 10 hours in the day.

Single Driver:
- at least 8 hours
- total sleeper berth time at least 8 hours
- total off-duty time at least 10 hours in the day.

Team Driver:
- at least 8 hours
- total sleeper berth time at least 8 hours
- total off-duty time at least 10 hours in the day.

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