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Federal Hours-Of-Service Rules		Federal Hours-Of-Service Rules	
<b>Day</b> <ul style="list-style-type: none"> <li>A 24-hour period begins at the hour designated by the carrier.</li> <li>Minimum 10 hrs off-duty in the day.</li> <li>Maximum 13 hrs driving in the day.</li> <li>No driving after 14 hrs on-duty in the day.</li> </ul>	<b>Work-shift</b> <ul style="list-style-type: none"> <li>The total elapsed time between 2 off-duty hours is at least 8 consecutive hours.</li> <li>No driving after 16 hrs of total elapsed time in the work-shift.</li> <li>Maximum 13 hrs driving in the work-shift.</li> <li>No driving after 14 hrs on-duty in the work-shift.</li> </ul>	<b>Reset / Switch Cycles</b> <ul style="list-style-type: none"> <li>A cycle can be reset or can switch cycles at any time by taking:               <ul style="list-style-type: none"> <li>36 consecutive hours off to reset Cycle 1 or switch from Cycle 1;</li> <li>72 consecutive hours off to reset Cycle 2 or switch from Cycle 2.</li> </ul> </li> </ul>	<b>Sleeper Berth</b> <ul style="list-style-type: none"> <li>Same hours of service regulations apply for driving and on-duty limits;</li> <li>Work-shift limits on either side of each sleeper period are met;</li> <li>May split required off-duty hours into 2 periods if:               <ul style="list-style-type: none"> <li><b>Single Driver:</b> <ul style="list-style-type: none"> <li>neither period is less than 2 hours;</li> <li>total sleeper berth time is at least 10 hours in the day.</li> </ul> </li> <li><b>Team Driver:</b> <ul style="list-style-type: none"> <li>neither sleeper period is less than 4 hours;</li> <li>total sleeper berth time is at least 8 hours;</li> <li>total off-duty time at least 10 hours in the day.</li> </ul> </li> </ul> </li> </ul>
<b>Cycles</b> <ul style="list-style-type: none"> <li>Drivers must select one of two cycles:               <ul style="list-style-type: none"> <li><b>Cycle 1:</b> <ul style="list-style-type: none"> <li>no driving after 70 hrs on-duty in 7 days.</li> </ul> </li> <li><b>Cycle 2:</b> <ul style="list-style-type: none"> <li>no driving after 120 hrs in 14 days;</li> <li>driver must take at least 24 consecutive hours off-duty prior to accumulating 70 hrs on-duty</li> </ul> </li> </ul> </li> </ul>	<b>Deferring Off-Duty Time</b> <ul style="list-style-type: none"> <li>Drivers may reduce their off-duty requirement of 10 hrs by up to 2 hrs providing:               <ul style="list-style-type: none"> <li>the 2 hrs are not part of the 8 consecutive off-duty hours on Day 1;</li> <li>the reduced time is added to the 8 consecutive off-duty hours taken on Day 2;</li> <li>additional 2 hrs are also taken on Day 2;</li> <li>logbook clearly indicates "Deferral Used" and if 'Day 1' or 'Day 2'.</li> </ul> </li> </ul>	<b>Off-Duty</b> <ul style="list-style-type: none"> <li>All drivers must take 24 consecutive off-duty hours every 14 days.</li> </ul>	
For more information, log-on to <a href="http://www.transportation.alberta.ca">www.transportation.alberta.ca</a>		For more information, log on to <a href="http://www.transportation.alberta.ca">www.transportation.alberta.ca</a>	



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