

TRUCK RULES

14 hours on-duty / 11 hours driving – 70 hours in 8 days

- Once a driver starts work, a 14 hour work clock begins. Driver may only Drive for 11 of the 14 clocked hours. Driver does not have to work the full 14 hours. Driver may work beyond the 14th hour, they simply cannot drive until the 10 hour break is met.
- A 30-minute rest break must occur at or before an 8-hour period of work (on-duty, driving, or both). Sometimes referred to as 'meal' break.
- The 14-hour clock cannot be extended with breaks. To achieve another driving window, they must take 10 hours off.
- 10 hours Off-Duty is intended as 8 *Consecutive* hours in Sleeper Berth and 2 hours Off-Duty for personal needs.
- Driver can work (on-duty and driving, combined) a maximum of 70 hours in an 8-day period.
- The 8-day cumulative hours can be reset with a continuous 34-hour break off duty.

The Log Sheet reports four statuses, load info, locations, and hours worked. The four statuses are:

- Off Duty – Driver is relieved of duties by the carrier. They are free to pursue activities of their own choosing.
- Sleeper Berth – Driver must record time spent in sleeper berth. Either in solo or team operation.
- Driving – The driver is at the controls of the truck in operation.
- On Duty – 'Any safety related duty'. This includes loading, assisting, managing, and servicing.