



Hours of Service – Quick Reference

- Driving Limit – 11 hours
- Off-Duty Time – 10 consecutive hours
- On Duty Not Driving & Driving– 14 hours daily limit
- Weekly Limit – 60 hours in 7 days or 70hrs in 8 days
- Hours Reset – 34-hour restart/ 24 hour Oilfield Exempt
- Must have a 30-minute rest break once 8th hour of driving time has occurred.
- Drivers Logs must contain the current day AND the previous 7 days, regardless of restart.
- 49 CFR part 395.8(i) Requires the driver to submit their logs to their employer within 13 days.



- ▶ Short Haul – 150 Air Miles (10,001 – 26,001 lb vehicles)
 - Driver operates within 150 air miles(172 road miles)
 - Do not drive through any state requiring a CDL for the vehicle being driven
 - Report back to the same work location every day
 - Do not driver after the 14th hour of coming on duty in a period of seven consecutive days
- ▶ Short Haul – 100 Air Miles (26,001 + vehicles)
 - Drivers operate within 100 air miles (115 road miles) of the normal work reporting location
 - Drivers returns to the work reporting location within 12 hours
 - Drivers have at least 10 consecutive hours between each 12 hour work period
 - Drivers do not exceed 11 hours driving time within the 12 hour work period
 - Motor carriers maintain true records to prove the Short Haul Exemption.
 - Time cards
 - Total hours for each day
 - Total hours for previous 7 days



► Intermittent Drivers

- Occasional drivers that operate a CMV infrequently
- Drivers are still regulated by HOS but do not have to log daily
- Drivers must have on their person a copy of their previous 7 days hours of operations proving they are within their daily limit and weekly limit.
- Occasional drivers must comply with all FMCSA regulations as would an active CMV operator with the exception of the daily logs

