



Rest before shift	10 consecutive hours off duty and/or sleeper berth.
Driving limit	11 hours
Driving window	No CMV driving after 14 consecutive hours.
Restart breaks	No CMV driving if more than 8 consecutive hours have passed since end of last off-duty or sleeper-berth break of 30+ consecutive minutes (drivers attending to Div. 1.1, 1.2 or 1.3 explosives may log break as "on-duty"). Does not apply to drivers who qualify for 100/150 air mile exception.
Weekly Limit	No CMV driving after 60 on-duty hours in 7 consecutive days (or 70 hours in 8 days if company operates CMV's 7 days per week).
To reset weekly limit (optional)	At least 34 consecutive hours off duty and/or sleeper berth.
In -vehicle time	Time at driving controls is "driving"; riding in passenger seat on moving vehicle is "on duty" except for up to 2 hours immediately before or after 8 hours in sleeper berth; resting in parked vehicle is "off duty" if relieved of all obligations.
Extension of 11-hour driving limit	2-hour extension allowed for "adverse driving conditions" (does not extend 14-hour driving window).
Extension of 14-hour driving window	2-hour extension allowed up to 2 times/week for non-CDL drivers within 150 air-mile radius, or once/week for other drivers who returned home last 5 work days and who go off duty within 16 hours.
Penalties	Up to \$2,750 and CSA points. Driving more than 14 hours after 10 hours off is an "egregious" violation subject to maximum penalties

Recapping Weekly Hours

At the end of the work day, use the following calculation to determine how much time is available tomorrow before reaching the 60/70-hour limit:

60/7 rule: Add together all driving and on-duty time from last 6 consecutive days (today plus the other 5 days or since the end of the last restart) and subtract the total from 60.

70/8 rule: Add together all driving and on-duty time from last 7 consecutive days (today plus the other 6 days or since the end of the last restart) and subtract the total from 70.

The remainder is the number of hours available to work tomorrow before you have to stop driving a CMV for the rest of the day. Using the 34-hour "restart" provision is optional but may be the easiest way to gain back driving time.