Hours-of-Service - Canada

**Day**
A 24-hour period that begins at the hour designated by the carrier
- Minimum 10 hours off duty every day
- Maximum 13 hours driving
- No driving after 14 hours on duty in a day

**Work-Shift**
Total elapsed time between 2 off duty periods of at least 8 consecutive hours
- No driving after 16 hours of total elapsed time
- Maximum 13 hours driving
- No driving after 14 hours on duty

**Deferring Off-Duty Time**
Drivers may reduce their off duty requirement of 10 hours by up to 2 hours providing:
- 2 hours not part of the 8 consecutive off duty hours;
- Time is added to the 8 consecutive off duty hours taken the next day;
- The logbook clearly indicates “Day 1” or “Day 2”;
- In the 2 days - maximum 26 hours of driving and a minimum of 20 hours off duty.

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

**Reset or Cycle Switching**
A Cycle can be reset at any time by taking:
- 36 consecutive hours off to reset or switch from Cycle 1
- 72 consecutive hours off to reset or switch from Cycle 2

**Off Duty**
All drivers must take 24 consecutive off duty hours in the previous 14 days

**Sleeper Berth - Single Driver**
- Same hours of service regulations for driving and on duty apply.
- May split the require off duty hours into 2 sleeper berth periods, if:
  - Neither period is less than 2 hours; and
  - Total of the two Sleeper Berth periods is at least 10 hours
- In the DAY - total of the off duty time is at least 10 hours

**Sleeper Berth - Team Driver**
- Same hours of service regulations for driving and on duty apply.
- May split the required off duty hours into 2 sleeper berth periods, if:
  - Neither period is less than 4 hours;
  - Total of the two Sleeper Berths is at least 8 hours
- In the DAY - total of the off duty time is at least 10 hours

For more information, please visit:
- BC - [http://www.th.gov.bc.ca/cvsa/hours_of_service.htm](http://www.th.gov.bc.ca/cvsa/hours_of_service.htm)