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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 required 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/cvse/hours_of_service.htm

Ontario - http://www.e-laws.gov.on.ca/html/regs/english/elaws_regs_060555_e.htm

Transport Canada - <http://laws-lois.justice.gc.ca/eng/regulations/SOR-2005-313/fulltext.html>

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