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# Hours-of-Service - U.S.A.

*The following summarizes the HOS regulations for property-carrying and passenger-carrying CMV drivers.*

## Property-Carrying CMV Drivers

### 11-Hour Driving Limit

May drive a maximum of 11 hours after 10 consecutive hours off duty.

### 14-Hour Limit

May not drive beyond the 14th consecutive hour after coming on duty, following 10 consecutive hours off duty. Off duty time does not extend the 14-hour period.

### Rest Breaks

May drive only if 8 hours or less have passed since end of driver's last off duty or sleeper berth period of at least 30 minutes. [49 CFR 397.5 mandatory "in attendance" time may be included in break if no other duties.

### 60/70-Hour On-Duty Limit

May not drive after 60/70 hours on duty in 7/8 consecutive days. A driver may restart a 7/8 consecutive day period after taking 34 or more consecutive hours off duty.

### Sleeper Berth Provision

Drivers using the sleeper berth provision must take at least 8 consecutive hours in the sleeper berth, plus a separate 2 consecutive hours either in the sleeper berth, off duty, or any combination of the two.

## Property-Carrying CMV Drivers

### 10-Hour Driving Limit

May drive a maximum of 10 hours after 8 consecutive hours off duty.

### 15-Hour Limit

May not drive after having been on duty for 15 hours, following 8 consecutive hours off duty. Off duty time is not included in the 15-hour period.

### 60/70-Hour On-Duty Limit

May not drive after 60/70 hours on duty in 7/8 consecutive days.

### Sleeper Berth Provision

Drivers using a sleeper berth must take at least 8 hours in the sleeper berth, and may split the sleeper berth time into two periods provided neither is less than 2 hours.

CMV Drivers should always use safe driving practices.

For more information, visit [www.fmcsa.dot.gov/hos](http://www.fmcsa.dot.gov/hos)