

Under the new federal legislation, there are different ways of reviewing an Hours of Service log to determine if it is in compliance. A three-step process is offered here. All three main steps must be in compliance:

1. Check the Day;
2. Check the Work Shift;
3. Check the Cumulative Cycles.

*(Note: In addition, the Reviewer must always check to evaluate if an exemption or Permit is being used by the carrier or driver.)*

**1. Check the Day** *(start time of 24-hour period must be specified by the carrier):*

- **Regular Time** *(including use of sleeper berth):*
  - No driving after **13** hours driving;
  - No driving after **14** hours on-duty;
  - At least **10** hours off-duty *(before the driver can drive, at least 8 hours of this time must be taken consecutively. Two additional hours off-duty must be taken in no less than 30 minute periods that do not form part of the 8 consecutive hours).*
- **Deferred Time:**
  - Driver has option of moving 2 hours of required off-duty time to second day;
  - Total driving time in 2 days not more than **26** hours;
  - Total off-duty time in 2 days not less than **20** hours;
  - At least **8** consecutive hours off-duty in Day 1 and **10** consecutive hours plus **2** additional hours off-duty in Day 2.

*(Note: All required off-duty hours for each day must be taken within that day.)*  
*(Note: This exemption may not be used with split sleeper exemption or an hours permit.)*

**2. Check the Work Shift** *(period between end of one period of 8-hours or more off-duty and start of next period of 8 hours or more off-duty):*

- **No sleeper berth used:**
  - No driving after **13** hours driving;
  - No driving after **14** hours on-duty;
  - No driving after **16** hours elapsed time.

*(Note: Elapsed time includes all time in work shift.)*
- **Single driver using sleeper berth:**
  - No driving after **13** hours driving on either side of eligible sleeper period;
  - No driving after **14** hours on-duty on either side of eligible sleeper period;
  - No driving after **16** hours elapsed time on either side of eligible sleeper period *(excluding eligible time in sleeper).*

*(Note: Eligible sleeper period is no less than 2 hours long and 2 consecutive sleeper periods total no less than 10 hours.)*
- **Team drivers using sleeper berth:**
  - No driving after **13** hours driving on either side of each eligible sleeper period;
  - No driving after **14** hours on-duty on either side of each eligible sleeper period;
  - No driving after **16** hours elapsed time on either side of eligible sleeper period *(excluding eligible time in sleeper time).*

*(Note: eligible sleeper period is no less than 4 hours long and 2 consecutive sleeper periods total no less than 8 hours.)*

**3. Check the Cumulative Cycles** *(cycle must be specified by carrier):*

- **Cycle 1:**
  - Verify cumulative on-duty time is not more than **70** hours in **7** consecutive days;
  - Verify cycle properly "reset" by taking at least **36** consecutive hours off-duty *(if needed).*
- **Cycle 2:**
  - Verify cumulative on-duty time is not more than **120** hours in any **14** consecutive days;
  - Verify driver did not accumulate more than **70** hours at any time during the cycle without taking **24** consecutive hours off-duty;
  - Verify cycle properly "reset" by taking at least **72** consecutive hours off-duty *(if needed).*
- **Day Off:**
  - Verify that driver did not drive without taking at least **24** consecutive hours off-duty in the preceding **14** days *(regardless of day or cycle they are working).*