### HOURS-OF-SERVICE RULES

#### 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

#### 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

#### 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

Further information can be located at www.th.gov.bc.ca/cvse/national_safety_code.htm

**Ministry of Transportation**
**Commercial Vehicle Safety and Enforcement Branch**