

## 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.cvse.ca/national\\_safety\\_code.htm](http://www.cvse.ca/national_safety_code.htm)

Ministry of Transportation and Infrastructure  
Commercial Vehicle Safety and Enforcement Branch



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### 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 periods, if:
  - neither period is less than 2 hours; and
  - total accumulated 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 periods, if:
  - neither period is less than 4 hours;
  - total accumulated off-duty is at least 8 hours
- in the **DAY** - total of the off-duty time is at least 10 hours

**- - This is for guidance only – any conflict between this document and the MVA Regulations or Federal Commercial Vehicle Hours of Service Regulations – the latter shall apply - -**

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