

Counting the Hours of Service

Counting the Hours of Service – Hints and Tips

Step by Step

1. Find the first 10-hour break.
2. Draw a Start Line.
3. Find the next 10-hour break.
4. Determine where to stop counting and draw a Stop Line.
5. Count between the Start Line and Stop Lines.
6. Determine where to begin the next count and draw a Start Line.
7. Go back to Step 3 and continue the cycle.

Start Counting

10-Hour Continuous Break – You ALWAYS start counting at the end of a FULL 10-hour break.

Sleeper Berth Provision – You ALWAYS start counting at the end of the first segment of a Sleeper Berth Provision.

Stop Counting

Hour Continuous Break – You ALWAYS stop counting at the beginning of a full 10-hour break.

Sleeper Berth Provision – You ALWAYS stop counting at that Beginning of the second segment of a Sleeper Berth Provision.

Applying the Rules

11-Hour Rule – Count ONLY Driving Time.

14-Hour Rule – Count all time between the start and stop lines that's not part of a qualifying rest period.

Sleeper Berth Provision

The equivalent of at least 10 consecutive hours off-duty is achieved by taking not more than two periods of either sleeper berth time or a combination of off-duty time and sleeper berth time if:

- Neither rest period is shorter than two consecutive hours.
- One rest period is at least seven consecutive hours in the sleeper berth.
- Total of the two periods is at least 10 hours.