# HOURS OF SERVICE RULES

#### 14-HOUR SHIFT LIMIT

DOT rules limit truckers to 14-hour shifts after a 10-hour rest. A new shift requires another 10-hour break, irrespective of driving time or tasks within the 14 hours.



# 11:00

# 11-HOUR DRIVING

Within a 14-hour shift, you can drive for 11 hours max, followed by a mandatory 10-hour break.

# 60/70-HOUR RULE

Weekly driving is capped at 60 hours over seven days or 70 hours over eight days, with a mandatory 34-hour break to reset the clock, allowing drivers to resume.





#### SPLIT SLEEPER BERTH RULE

The split sleeper berth rule offers flexibility, allowing you to divide your 10-hour rest into 8/2 or 7/3 splits. Each split affects your 14-hour driving clock differently, providing added convenience for varied schedules and delays.

# **Hours Of Service Rules 2014**

Meir H. Kryger, Thomas Roth, William C. Dement

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Oversight of the Amtrak Accident in Philadephia United States. Congress. House. Committee on Transportation and Code of Federal Regulations, 2009 Special edition of the Federal Register containing a codification of documents of general applicability and future effect with ancillaries Traffic Safety and Human Behavior David Shinar, 2017-06-22 This comprehensive 2nd edition covers the key issues that relate human behavior to traffic safety In particular it covers the increasing roles that pedestrians and cyclists have in the traffic system the role of infotainment in driver distraction and the increasing role of driver assistance systems in changing the driver vehicle interaction Code of Federal Regulations United States. Internal Revenue Service, 2008 Special edition of the Federal register containing a codification of documents of general applicability and future effect as of April 1 with ancillaries and Instructions Gurdev Dham, Kryger's Principles and Practice of Sleep Medicine - E-Book Meir H. Kryger, Thomas Roth, Cathy A Goldstein, 2021-12-16 Offering today s most authoritative comprehensive coverage of sleep disorders Kryger's Principles and Practice of Sleep Medicine 7th Edition is a must have resource for sleep medicine specialists fellows trainees and technicians as well as pulmonologists neurologists and other clinicians who see patients with sleep related issues It provides a solid understanding of underlying basic science as well as complete coverage of emerging advances in management and treatment for a widely diverse patient population Evidence based content hundreds of full color illustrations and a wealth of additional resources online help you make well informed clinical decisions and offer your patients the best possible care Contains new chapters on sleep in intersex and transgender individuals sleep telemedicine and remote PAP adherence monitoring and sleep and the menstrual cycle as well as increased coverage of treatment and management of pediatric patients Includes expanded sections on pharmacology sleep in individuals with other medical disorders and methodology Discusses updated treatments for sleep apnea and advancements in CPAP therapy Offers access to 95 video clips online including expert interviews and sleep study footage of various sleep disorders Meets the needs of practicing clinicians as well as those preparing for the sleep medicine fellowship examination or recertification exams with more than 950 self assessment questions answers and rationales online Enhanced eBook version included with purchase Your enhanced eBook allows you to access all of the text figures and references from the book on a variety of devices The Essentials of Supply Chain Management Hokey Min, 2015-05-23 This is today s indispensable introduction to supply chain management for today s students and tomorrow s managers not yesterday s Prof Hokey Min focuses on modern business strategies and applications transcending obsolete logistics and purchasing driven approaches still found in many competitive

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