



WESTERN TRANSPORTATION SAFETY CONSULTING LTD.

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Hours of Service Course Outline Canadian Federal

1. Introduction

- Why do commercial drivers have to keep logs and why are there Hours of Service limitations?
 - Safety
 - Fatigue
- Federal VS Provincial
 - Which are you?
 - Who is exempt from the requirement to keep logs?
- 4 Duty Statuses
 - Define each

2. Work Shift Limits

- Define Work Shift
- Driving and On Duty Shift limits (13 14 and 16)
- Driver must comply with both work shift limits and daily limits
- Work shift can span more than one day
 - Explain and examples

3. Daily Limits

- Define a Day
- Driving and On-duty limits
- Daily Off Duty limits
- Day start time designated by carrier
- Core rest period cannot include 2 hours separate and apart. These 2 hours must be over and above a core rest period (no double dipping)

4. Deferrals

- Rules of deferral

5. Sleeper Berth

- Rules
- Single Drivers
- Split sleeper berth
- Team Driving

6. Co-Drivers

7. Cycles

- Cycle limits (sliding window)
- Cycle resets
- Mandatory 24 hours off duty in 14 days
- Cycle switching

8. Exemptions

- Emergencies
- Adverse Driving
- Driver Travelling as a Passenger
- Personal Use

9. Radius Exemption Rules

10. Oilfield Permit Requirements and Ferry Rules (optional)

11. North of 60 Rules

- Driving, On Duty and Work Shift Limits
- Off Duty Requirements
- Sleeper Rules for Single and Team Drivers
- Cycle
 - Limits
 - Resets
 - Switching
 -

12. General Log Requirements

- What is required on a daily log?
 - Start
 - During the day
 - End of Day
 - How to write a proper off – duty log
- Rules Regarding Possession of Logs
 - Preceding 14 Days
 - Completed up to the current duty status change
 - Supporting documents
 - Must be sent to home office within 20 days of completion
- Definition of Log Tampering

13. Electronic Recording Devices

14. Out of Service Declarations

- What are they

15. Inspections & Authorities

- Who is an inspector?
- What powers do they have?
- What documentation will they require?
- Approaching a Scale

16. Log Book Auditing and Falsification

17. Carrier Profile

Question and Answer Period