



# WESTERN TRANSPORTATION SAFETY CONSULTING LTD.

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## Hours of Service Course Outline Canadian Federal and U.S.

### 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. Ferry Rules and Requirements (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

18. United States Hours of Service

- Electronic Recording Devices
- Who must comply
- Personal use of commercial vehicles
- Shift only in U.S.
- 14 Hour Duty Limit
- 11 Hour Driving Limit
- Mandatory Rest Breaks
  - Exemptions
- 60/70 hour Limits
- Off Duty requirements
- Sleeper/Split Sleeper
- Adverse Driving Condition Exception
- Alaska Rules (optional)
- Form and Manner
- Duty Status Change Locations
  - Log Example

**Question and Answer Period**