

For **Y**our **D**riving



34-Hour Restart

Effective July 1, 2013, the hours of service regulations will require a 34-hour consecutive restart to include at least two off-duty periods from 1:00 AM to 5:00 AM. (Home terminal time zone). Furthermore, the rules will limit the use of the "34-hour restart" to once a week (once every 168 hours). The restart cannot be used until 168 hours or more have passed since the beginning of the driver's last restart.

This provision is found in Section 395.3(d) of the Federal Motor Carrier Safety Regulations. The minimum restart period is 34 hours. Most drivers on day time schedules will be able to obtain the 2 nights in a restart period when going off duty at 7:00 PM on a Friday, and returning to a driving status at 5:00 PM on Sunday (the minimum 34 hours off duty would be completed). This would include the required 2 nights off from 1:00 AM to 5:00 AM.

Only drivers who have a regular overnight driving schedule and who work more than 5 nights a week will need to take longer restarts to obtain the 2 nights off. After you have taken 34 consecutive hours off duty – which includes 2 periods from 1:00 AM to 5:00 AM – you will have the full 60 hours in 7 days, or 70 hours in 8 days available again (depending on your company's work schedule). For more information visit www.fmcsa.dot.gov

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