

F or Y our D riving



Mandatory Breaks Coming July 1st

Starting July 1, 2013, you will not be able to drive a commercial motor vehicle (CMV) unless you've had a break of at least 30 minutes in the past 8 consecutive hours.

Example: You do paperwork and inspections for 1 hour, drive for 6 hours, and unload for 1 hour. That's 8 hours. Now you need 30 minutes off before you can drive again.

Key Points:

- Compliance is easy: simply look at your past 8 consecutive hours. Did your last break of at least 30 minutes end within that time? If not, then don't do any CMV driving until you take a 30 minute break.
- You must be "off duty" and/or in the sleeper berth for all 30 minutes, not waiting in line at the dock, or inspecting, or fueling the truck. You can be paid and or/eating lunch, but you must be off duty.
- You can work after the 8th hour without a break as long as you don't drive a CMV.
- The break is also required for drivers using an hours of service exception, such as the 100/150 air-mile, adverse conditions, or split-logging exceptions.

If you are feeling fatigued take a break!

Produced by the Institute of Scrap Recycling Industries

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Send comments or questions to:

isrisafety@isri.org

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