

# F or Y our D riving



## New Hours of Service Rules

Beginning July 1, 2013 changes to the federal hours-of-service rules for commercial motor vehicle (CMV) drivers will take effect. Listed below are the new rules.

- You will not be able to begin a 34-hour restart period until 168 hours (7 days) have passed since the beginning of your last restart period.
- Each 34-hour restart will have to include the 28-hour stretch from 1:00 AM on the first day until 5:00 AM on the following day. That is, the break must include two periods from 1:00 AM TO 5:00 AM to be a valid restart.
- You can only drive a CMV if you've had a break of at least 30 minutes within the past 8 consecutive hours. The break can be spent off duty and/or in the sleeper berth, and will count against the 14-hour limit.

The new rules apply to interstate CMV operations, but most states will adopt the new provisions for in-state operations as well. Check with your state for details.

***Know the rules, stay in compliance!***

Produced by the Institute of Scrap Recycling Industries

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Send comments or questions to:

[isrisafety@isri.org](mailto:isrisafety@isri.org)

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