

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



Thirty-Minute Break

Effective July 1, 2013, the hours of service regulations will require that if more than 8 consecutive hours have passed since the last off-duty (or sleeper-berth) period of at least a half an hour, a driver must take an off-duty break of at least 30 minutes before driving.

For example, if the driver started driving immediately after coming on duty, he or she could drive for 8 consecutive hours, take a half-hour break, and then drive another 3 hours for a total of 11 hours. In another example, this driver could drive for 3 hours, take a half-hour break, and then drive for 8 hours, for a total of 11 hours.

Because of this new short break provision, drivers will be able to work 13.5 hours in a 14-hour period (if they are driving after the 8th hour on duty). The driver must be off duty for at least a half hour. Meal breaks or any other off-duty time of at least 30 minutes qualifies as a break.

This time does count against the 14-hour driving window, as allowing off-duty time to extend the work day would allow drivers to drive long past the time when fatigue becomes extreme. For more information visit www.fmcsa.dot.gov

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