

HOURS OF SERVICE: HOW LONG A RESTART?

Under the old HOS rules, drivers that completed a 60- or 70-hour work week could start a new week after spending 34 hours off-duty. The new rules say drivers must spend **two consecutive 1 am-5 am periods off-duty** before they can "restart" their weekly clock.

■ Ending a work week too early or too late could add up to 17 hours to a 34-hour restart

End your week at 5 p.m., for example, and you have 8 hours before reaching the first 1 a.m.-5 a.m. period, and then another 28 hours before the end of the second 1 a.m.-5 a.m. period— **36 hours before you could go back on duty.**

Drivers must end their work week **between 7 p.m. and 1 a.m.** to take advantage of the 34-hour restart. That's a window many carriers and truck drivers may find hard to hit.

For example, if a driver goes off-duty between 7 p.m. Friday and 1 a.m. Saturday, he or she would have a **34-hour restart** and be free to work again at some point between 5 a.m. and 11 a.m. on Sunday.

Drivers who end their week before 7 p.m. or after 1 a.m. have a longer time to wait, **between 35 and 51 hours**, depending on when they go off duty.

