Hours of Service (HOS) Regulations

The HOS regulations as per the Federal Motor Carrier Safety Administration (FMCSA) are described below.

Who Must Comply?

Most drivers must follow the HOS Regulations if they drive a commercial motor vehicle, or CMV.

In general, a CMV is a vehicle that is used as part of a business and is involved in interstate commerce and fits any of these descriptions:

- Weighs 10,001 pounds or more
- Has a gross vehicle weight rating or gross combination weight rating of 10,001 pounds or more
- Is designed or used to transport 16 or more passengers (including the driver) not for compensation
- Is designed or used to transport 9 or more passengers (including the driver) for compensation
- Is transporting hazardous materials in a quantity requiring placards

For more information, see https://www.fmcsa.dot.gov/regulations/hours-of-service.

Canadian Regulations (as per Ministry of Transportation Ontario)

1. Daily requirement*

- A driver must have 10 hours off-duty in a day.
- A driver cannot drive more than 13 hours in a day.
- A driver cannot drive after 14 hours on-duty in a day.

* Some exceptions apply; refer to Ontario Regulation 555/06

2. Mandatory off-duty time

- After a period of at least eight hours off-duty, a driver cannot drive more than 13 hours.
- After a period of at least eight hours off-duty, a driver cannot drive after having been on-duty for 14 hours.
- After a period of at least eight hours off-duty, a driver cannot drive after 16 hours has elapsed.

3. Cycle requirement

- An operator shall designate a cycle for the driver to follow.
- There are two cycles available, a seven-day cycle or a 14-day cycle.
- In a period of seven consecutive days, a driver cannot drive after having been on-duty for 70 hours.

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- In a period of 14 consecutive days, a driver cannot drive after having been on-duty for 120 hours. Drivers following this cycle shall not drive after accumulating 70 hours on-duty without having taken 24 consecutive hours of off-duty time.
- On any day, all drivers must have a period of at least 24 consecutive hours off-duty in the preceding 14 days.

4. Cycle reset/switching

- A driver may only switch the cycle they are on if they start a new cycle.
- To start a new cycle, a driver on the seven-day cycle must take 36 consecutive hours off-duty.
- To start a new cycle, a driver on the 14-day cycle must take 72 consecutive hours off-duty.

5. Daily log requirement

A daily log may be handwritten, computer generated or made by means of a recording device. The daily log must contain the following information:

- Driver's name
- Date
- Name of the driver's co-drivers, if any
- Start time of the day being recorded, if the day does not start at midnight
- Cycle that the driver is following
- Odometer reading, at the start of the day
- Number plate of each commercial motor vehicle to be driven and each trailer
- Name of the operator
- Address of the driver's home terminal and of the principal place of business of the operator
- Graph grid as illustrated in Form 1 of the regulation (not required for Recording Device)
- Start and end times for each duty status during the day
- Location where the driver's duty status changes
- Total time spent in each duty status during the day
- Odometer reading at the end of the day
- Total distance driven by the driver
- Driver's signature

6. Daily log exemption:

A driver is not required to keep a daily log if the driver

- Drives the commercial motor vehicle solely within a radius of 160 kilometres of the location at which the driver starts the day

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● Returns at the end of the day to the same location from which he or she started
● Only works for one operator that day

If a driver is not required to keep a daily log, the operator shall keep a record for the day showing:

● Date, driver's name and the location where the driver starts and ends the day
● Cycle that the driver is following
● Hour at which each duty status starts and ends
● Total number of hours spent in each duty status

For more details about the hours-of-service requirements, visit the MTO website at www.mto.gov.on.ca, or refer to the Highway Traffic Act at www.e-laws.gov.on.ca.

Compliant GoFleet EOBR/HOS Logging Devices

● Geotab Drive tablet and smartphone application
● Fleet GARMIN HOS

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