



## 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>.

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## 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.



- 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



- 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](http://www.mto.gov.on.ca), or refer to the *Highway Traffic Act* at [www.e-laws.gov.on.ca](http://www.e-laws.gov.on.ca).

### **Compliant GoFleet EOBR/HOS Logging Devices**

- [Geotab Drive tablet and smartphone application](#)
- [Fleet GARMIN HOS](#)