

Split Break Guide

Introduction

This document provides examples of how to calculate split breaks, in order to better understand the split break process and how to help our Drivers.

11-Hour Rule when 8-Hour Break is First

This example shows how many hours a Drive will have left on their 11-Hour Rule after a splits break. In this example:

- The eight-hour break (on Line 2) takes place first
- The two-hour break takes place after the eight-hour break (on Line 1 or Line 2)

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14-Hour Rule When 8-Hour Break is First

This example shows how many hours the Driver will have left on their 14-Hour Rule after a split break. In this example:

- The eight-hour break (on Line 2) takes place first
- The two-hour break takes place after the eight-hour break (on Line 1 or Line 2)

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11-Hour Rule when 2-Hour Break is

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3	Add together all of the time between the two breaks identified in step two.	<ul style="list-style-type: none"> Add together all of the time between the two breaks. <table border="1"> <thead> <tr> <th colspan="4">06/17/2012</th> </tr> <tr> <th>Status</th> <th>Start</th> <th>Duration</th> <th>Location</th> </tr> </thead> <tbody> <tr> <td>SB</td> <td>08:45</td> <td>8h 00m</td> <td>Lebec, CA</td> </tr> <tr> <td>DRV</td> <td>03:30</td> <td>5h 15m</td> <td>Lebec, CA</td> </tr> <tr> <td>ON</td> <td>03:15</td> <td>0h 15m</td> <td>Boulevard, CA</td> </tr> <tr> <td>OFF</td> <td>00:00</td> <td>3h 15m</td> <td>Boulevard, CA</td> </tr> </tbody> </table>	06/17/2012				Status	Start	Duration	Location	SB	08:45	8h 00m	Lebec, CA	DRV	03:30	5h 15m	Lebec, CA	ON	03:15	0h 15m	Boulevard, CA	OFF	00:00	3h 15m	Boulevard, CA
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Simply Stated

14 HOUR RULE:

A driver's duty day is 14 consecutive hours long. A driver may not drive after the end of the 14-consecutive-hour period.

A driver may not drive beyond the 14th hour after coming on duty following 10 hours off duty. This means, once the driver begins an on-duty period of any kind, the 14-hour clock begins.

EXAMPLE:

If a driver starts an on-duty status at 06:00, the driver would have to stop driving at 20:00 (14 hours later).

The only way to stop the clock is a minimum sleeper berth break of eight hours or more. This means all time spent waiting for trailers, paperwork and parking will limit a driver's available hours.

EXAMPLE:

Driver starts an on-duty status at 06:00, which means the 14-hour clock is up at 20:00. During the 14-hour period, the driver also takes an eight-hour sleeper berth break. This now means the driver has until 04:00 the next morning to get his driving in.

Once the 14 hours are reached, the driver may no longer drive but can continue to work. The driver must take a 10-hour consecutive break before resuming driving if they work beyond their 14th hour.

11 HOUR RULE:

A driver may drive up to 11 hours, during their 14-hour duty day. The 14-hour duty period cannot be extended with off-duty time for meal and fuel stops, etc. A driver cannot drive again without first taking 10 consecutive hours off duty.

70 HOUR RULE:

No driver of a property-carrying commercial motor vehicle shall drive a property-carrying commercial vehicle if he or she has been on duty for 70 hours in any period of 8 consecutive days.

34 HOUR RESTART RULE:

Drivers can "restart" the 8-day period by taking at least 34 consecutive hours off duty. The 34 hours must be consecutive and not broken by on duty or driving activities.

REST BREAK RULE:

Driving is not permitted if more than 8 hours has passed since the end of the driver's last off-duty or sleeper-berth period of at least 30 minutes. Or, said another way, a driver must take a 30-minute break after driving 8 hours.

A driver may work beyond the eighth hour but CANNOT drive before taking at least 30 consecutive minutes off duty.

The required break must be at least 30 minutes and can be taken at any time during the first eight hours on duty. The driver may not perform any on-duty tasks during this break.

This break is counted toward the 14-hour limit. It does not extend a driver's work-day.