US Hours of Service Quick Card (property-carrying drivers)

The limits in 49 CFR 395.3 and the exceptions in 395.1 drivers use most, on one page. Passenger-carrying drivers use 395.5 (10 hours driving / 15 on duty / 8 off) and have no 30-minute break or 34-hour restart.

Limit	Rule	Section
10 hours off	No driving without 10 consecutive hours off duty first (sleeper berth counts)	395.3(a)(1)
14-hour window	No driving after the 14th consecutive hour after coming on duty. The window does not pause for breaks or waiting	395.3(a)(2)
11 hours driving	At most 11 hours of driving inside the 14-hour window	395.3(a)(3)(i)
30-minute break	No driving after 8 hours of driving without a 30-minute interruption of driving (off duty, sleeper, or on duty not driving)	395.3(a)(3)(ii)
60 / 70 hours	No driving after 60 hours on duty in 7 days (carrier not operating every day) or 70 hours in 8 days (carrier operates every day)	395.3(b)
34-hour restart	34 or more consecutive hours off duty resets the 60/70-hour total	395.3(c)

Sleeper berth split

- ☐ Two periods, one at least 7 consecutive hours in the sleeper berth, the other at least 2 consecutive hours (off duty or sleeper), together at least 10 hours
- ☐ Neither period counts against the 14-hour window
- ☐ Section 395.1(g)(1)

Adverse driving conditions

- ☐ Up to 2 extra hours of driving when conditions were not known before dispatch: snow, ice, fog, unexpected road or traffic conditions
- ☐ Forecast weather and the usual rush hour do not qualify. Section 395.1(b)(1)

Short-haul (no log or ELD)

- ☐ Stay within a 150 air-mile radius of the normal reporting location
- ☐ Return and be released within 14 consecutive hours
- ☐ 10 hours off between shifts; carrier keeps time records 6 months
- ☐ Driving limits still apply; the 30-minute break does not. Section 395.1(e)(1)

16-hour exception

- ☐ Once every 6 days (or after a 34-hour restart), the 14-hour window becomes 16 hours if you were released at the normal reporting location for the previous 5 duty tours. Section 395.1(o)

What counts as on duty (395.2)

- ☐ All time from starting work until relieved of all work and responsibility
- ☐ Includes inspections, fueling, loading supervision, waiting at a shipper when not relieved
- ☐ Driving time counts only the time at the controls of a moving CMV

Daily self-check

- ☐ Hours off before this shift: at least 10
- ☐ Window opens at _____ and closes at _____ (14 h)
- ☐ Driving hours used today _____ of 11
- ☐ Last 30-minute break ended at _____ (needed after 8 h driving)
- ☐ On-duty hours this 7/8-day period _____ of 60/70

Worked example. On duty 06:00 after 10 hours off. Window closes 20:00. Driving from 07:00; after 8 hours driving (15:00) a 30-minute break is required. Three more hours reach 11 hours of driving at 18:30, so driving ends at 18:30 even though the window runs to 20:00.