

# 34 HOUR RESTART PROVISION



The Federal Motor Carrier Safety Administration regulates both the number of hours a commercial driver can be on duty and operate a commercial motor vehicle, as well as the amount of time that the driver is supposed to rest in between work periods.

On July 1st, 2013 the final ruling for Hours of Service was effective and among the changes that became effective that date was the 34 hour restart provision. The new rule's purpose is to:

- Limit the maximum average work per week for commercial motor vehicle drivers to 70 hours, a decrease from the previous maximum of 82 hours
- Allow truck drivers who reach the maximum of 70 hours within a week to resume their activities as long as they rest for 34 consecutive hours, including at least two nights when their body clock demands sleep the most - from 1-5 a.m.

According to the FMCSA, the ruling is meant to avoid fatigued drivers from driving. Another change that was effective on July 1st, 2013 was the limit of the restart to once in 168-hours (exactly 7 days, down to the hour). The rule specifically says that a driver cannot start another restart break until 168 hours have passed since the start of his or her last restart break. Also, if a driver has one or multiple potential 34-hour restart periods off within a 7 day period, the driver will need to indicate on the log or time records which one of those breaks is being counted as the restart.

