

30-Minute Driving Break



Important – Before you begin this module

1. You need to complete the “New HOS Training Introduction” , the “Module 1 – Understanding the Short Haul Exception” and the “Module 2 – Understanding the Adverse Driving Conditions Exception” presentations.
 - *It is important to complete all training in the proper sequence so that you will have all the information you need to complete each section.*
2. It is recommended that you also download or print out the PDF presentation guide that goes with this presentation titled “**Module 3 – Understanding the 30 Minute Rest Break**”
 - *This will allow you to record important points and have a reference document for the final test.*
3. Please allow yourself enough time to complete this module. It should take you 30 minutes or less to complete this portion of the training.



Regulatory Text

Old	New
<p>§ 395.3 Maximum driving time for property-carrying vehicles.</p> <p>(a) * * *</p> <p>(3) <i>Driving time and rest breaks.</i></p> <p>(i) * * *</p> <p>(ii) <i>Rest breaks.</i> Except for drivers who qualify for either of the short-haul exceptions in §395.1(e)(1) or (2), driving is not permitted if more than 8 hours have passed since the end of the driver's last off-duty or sleeper-berth period of at least 30 minutes.</p>	<p>§ 395.3 Maximum driving time for property-carrying vehicles.</p> <p>(a) * * *</p> <p>(3) <i>Driving time and interruptions of driving periods.</i></p> <p>(i) * * *</p> <p>(ii) <i>Interruption of driving time.</i> Except for drivers who qualify for either of the short-haul exceptions in § 395.1(e)(1) or (2), driving is not permitted if more than 8 hours of driving time have passed without at least a consecutive 30-minute interruption in driving status. A consecutive 30-minute interruption of driving status may be satisfied either by off-duty, sleeper berth or on-duty not driving time or by a combination of off-duty, sleeper berth and on-duty not driving time.</p>





Duty Status Change

- 30-minute break can now also be satisfied by “on-duty, not driving”

Old	New
30-minute break can be satisfied by: <ul style="list-style-type: none">✓ Off-duty✓ Sleeper berth	30-minute break can be satisfied by: <ul style="list-style-type: none">✓ Off-duty✓ Sleeper berth✓ On-duty, not driving

- Combine any of the three applicable duty statuses to reach 30 minutes



10 minutes
Off-duty



20 minutes
On-duty,
not driving



30 minutes
Consecutive
break

30 minutes must be consecutive



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Exceptions and Exemptions

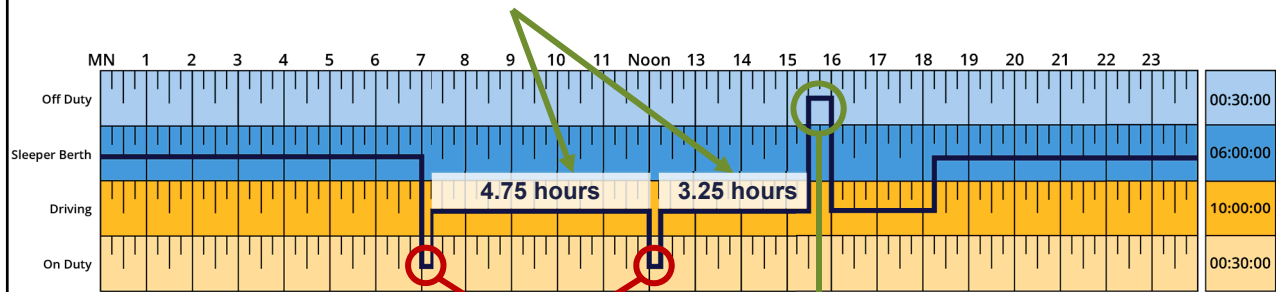
- Regulatory Exceptions
 - Exceptions from the 30-minute break requirements, such as short haul and livestock, have not changed
- Industry-Specific Exemptions
 - Some exemptions to the 30-minute break may be impacted due to the rule change (no longer relevant/necessary)
 - These industry-specific exemptions are being reviewed by the Agency to be republished in Federal Register



30-Minute Driving Break

Example 1 NO VIOLATIONS

8 **cumulative** hours of driving time only.
Do not count any other time towards the 8 hour limit



Not qualifying rest breaks. The Driver cannot add these together to reach the 30 minute interruption because they are not consecutive.

Qualifying rest break taken after 8 hours of driving time

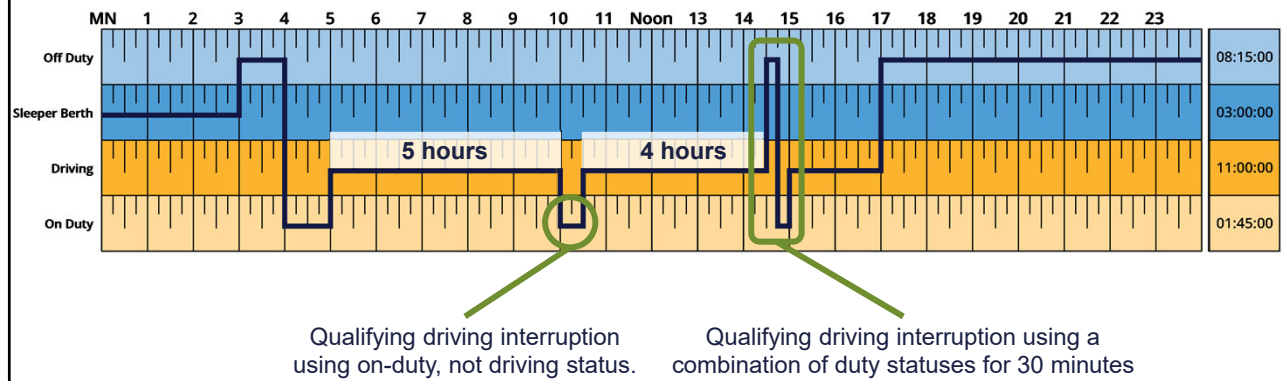


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Example 2 ✓ NO VIOLATIONS



What's Next:

1. Complete the next training – Module Four:
“Understanding the Sleeper Berth Exception”.