

Safety Drives Success

A Closer Look at the 14-Hour Rule

The 14-hour rule states that a van operator may not drive beyond the fourteenth consecutive hour after coming on duty following 10 consecutive hours off duty. This rule is important to agents and van operators because it establishes the window of time during which van operators can drive their maximum 11 hours. When the 14-hour limit is reached, van operators cannot drive again until they have been off duty for another 10 consecutive hours, even if they have not reached the 11-hour maximum driving time (11-hour rule). If they do reach the 11-hour driving time before the fourteenth consecutive hour of being on duty, van operators may continue working, but still cannot drive again before being off duty for 10 consecutive hours.

Below are a few tips you might share with van operators to help them with the 14-hour rule.

- Encourage van operators to make a tick mark on their log, above the grid, at the time they come on duty for the day and another tick mark 14 hours later as a reminder of when they are required to take 10 hours off duty before they are allowed to drive again.
- Remind van operators that all of these count toward the 14-hour limit: any "Off-Duty" time of less than 10 hours, any "Sleeper-Berth" time of less than eight hours, all "Driving" time and all "On-Duty, Not Driving."
- Remember that van operators' 11 hours maximum driving is to be completed within the 14 hour limit. The 14-hour rule cannot be extended by taking short breaks or meal stops.
- Keep in mind that as of July 1, 2013, driving is not permitted if more than eight hours have passed since the end of the van operator's last "Off-Duty" or "Sleeper-Berth" period of at least 30 minutes. In other words, a van operator is required to take a rest break within eight hours of coming on duty before they are allowed to continue to drive.
- Taking the 30 minute rest break between the sixth and eighth hour after coming on duty would require only one break during the 11-hour driving limit.
- Go over a van operator's daily plans taking into consideration the required rest break(s), traffic congestion, weather conditions, etc. Keep in mind adverse driving conditions cannot extend the 14-hour rule.
- Remember all hours worked locally, at both intrastate and interstate levels, by van operators do count toward the 14 hour limit.

For more information on hours of service, the changes that took effect July 1 and other safety related topics, please visit the Safety section on The U (unigroupinc.net) under the Safety, Claims & Insurance tab. If you have a specific safety related question you can also email asksafety@unigroupinc.com.