CHECKLIST

Takes effect on
June 15, 2007

DRIVING AND OFF-DUTY TIME
for Heavy Vehicle Drivers

Québec

Driving and Off-Duty Time for Heavy Vehicle Drivers

SUBJECT	FORMER RULES	NEW RULES
Last 14 Days		
Off-duty time required	No requirement.	Before taking the wheel, a driver must have had **at least 24 consecutive hours off duty during the previous 14 days.** (see Illustration A)
Cycles		
Choice and limitations	Choice of three cycles and prohibition from driving after: • 60 hours on duty per cycle of 7 days; • 70 hours on duty per cycle of 8 days; • 120 hours on duty per cycle of 14 days and taking 24 consecutive hours off duty before accumulating 75 hours on duty.	Choice of two cycles and **prohibition from driving** after having accumulated: • **Cycle 1:** 70 hours on duty during a period of 7 consecutive days; • **Cycle 2:** 120 hours on duty during a period of 14 consecutive days; **70 hours** on duty **without having taken 24 consecutive hours off duty.** (see Illustration B)
Log entry	No obligation to record the cycle used.	Obligation **to enter the cycle used** in the daily log.
Change of cycle and reset	Changing from one cycle to another is allowed at any time. Cycle reset is not possible.	Possibility of ending a cycle, starting a new one or going from one to another by first taking off-duty hours as follows: • When cycle 1 is under way, at least **36 consecutive hours off duty;** • When cycle 2 is under way, at least **72 consecutive hours off duty.** After having taken off-duty time, the hours on duty is reset.
Work Shift		
Definition	Time between two periods of at least 8 consecutive hours off duty.	No change.
Hours off duty required	Before starting a work shift, a driver must have taken at least 8 consecutive hours off duty.	No change.
Driving, on-duty, time elapsed	**No driving after:** • accumulating 13 hours of driving; • accumulating 15 hours on duty. No limitation as to time elapsed from the start of a work shift.	From the start of a work shift, **no driving after:** • accumulating 13 hours of driving; • **accumulating 14 hours on duty;** • **16 hours have elapsed.** (see Illustration C)
Day		
Definition	No definition.	Period of 24 hours that begins at the time designated by the operator for the duration of a driver's cycle.
Off-duty time required	No requirement to take a minimum of time off duty in a day.	Take at least 10 hours off duty in the course of a day. • **At least two of those** hours cannot be part of the 8 consecutive hours off duty required before the start of a work shift; this off-duty time may be split into breaks of at least 30 minutes.
Driving and on-duty time	No prohibition.	**No driving** after having accumulated in the course of a day: • 13 hours of driving; • 14 hours on duty. (see Illustration D)

ILLUSTRATION A/LAST 14 DAYS

January 2007						
SUN	MON	TUES	WED	THURS	FRI	SAT
	1 STOP	2 ✓	3 ✓	4 ✓	5 ✓	6 ✓
7 ✓	8 ✓	9 ✓	10 ✓	11 ✓	12 ✓	13 ✓
14 ✓	15 ✓	16 STOP	17 ✓	18 ✓	19 ✓	20 ✓
21 ✓	22 ✓	23 ✓	24 ✓	25 ✓	26 ✓	27 ✓
28 ✓	29 ✓	30 ✓	31 STOP Today			

ILLUSTRATION B/CYCLE 2 (14 DAYS)

Condition 1 - No driving after 120 hours on duty over a period of 14 consecutive days.
Hours on duty accumulated: 109 hours (days 1 to 13)
Hours of driving available: 11 (day 14)

Condition 2 - No driving after 70 hours on duty without having taken 24 consecutive hours off duty.
Hours on duty accumulated: 49 hours (days 8 to 13)
Hours of driving available: 21 hours (day 14)

In order to respect both conditions, the driver cannot drive more than 11 hours on the 14th day.

SUN	MON	TUES	WED	THURS	FRI	SAT
0 hrs	1st 10 hrs	2nd 10 hrs	3rd 10 hrs	4th 10 hrs	5th 10 hrs	6th 10 hrs
7th 0 hrs	8th 8 hrs	9th 9 hrs	10th 8 hrs	11th 8 hrs	12th 8 hrs	13th 8 hrs
14th 11 hrs						

Illustrations C and D below show a work shift and day respectively. In the example shown in Illustration C, the work shift is during the same day. **If a work shift overlaps two days, you must comply with the rules that apply to a day AND the rules that apply to a work shift.**

ILLUSTRATION C/WORK SHIFT

From the start of a work shift, **no driving** after:

- accumulating 13 hours of driving;
- accumulating 14 hours on duty;
- 16 hours have elapsed.

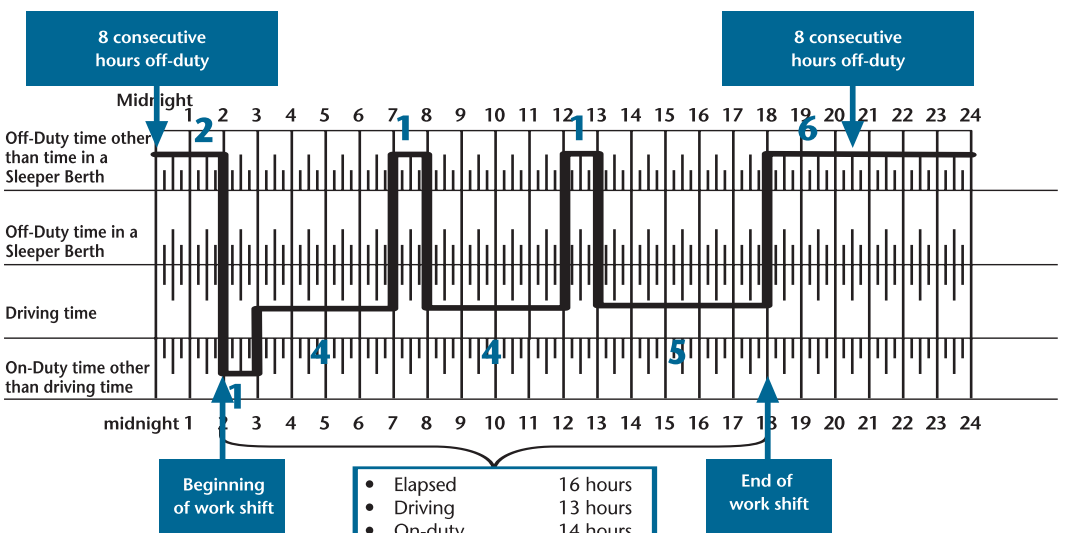


ILLUSTRATION D/DAY

Obligations in the course of a day:

Take at least 10 hours off duty.

- **At least 2 of those hours** cannot be part of the 8 consecutive hours off duty required before the start of a work shift; this off-duty time may be split into breaks of at least 30 minutes.

No driving after having accumulated:

- 13 hours of driving;
- 14 hours on duty.

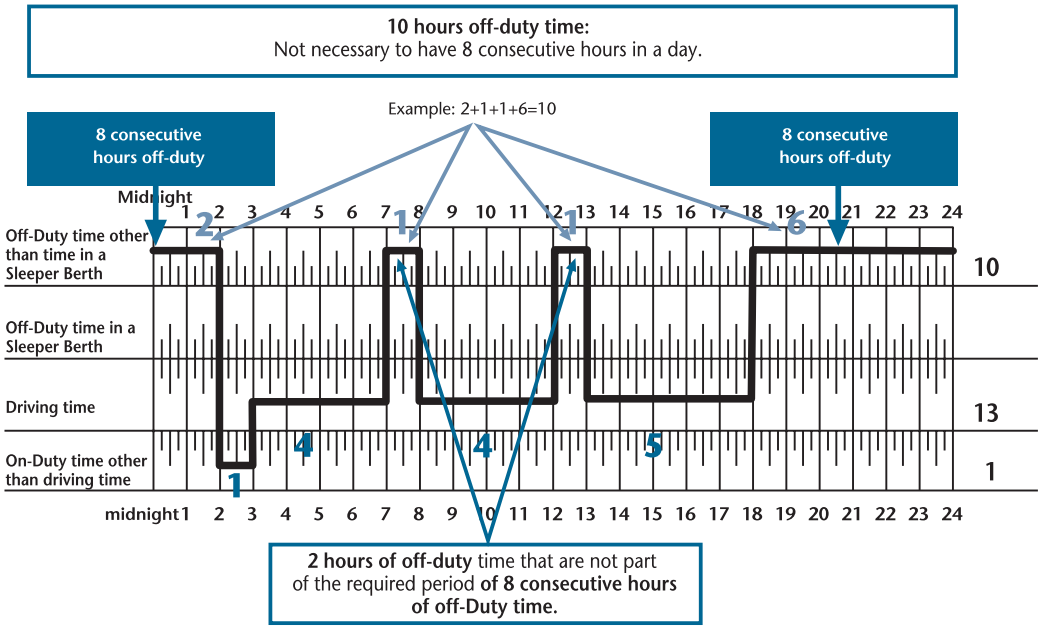
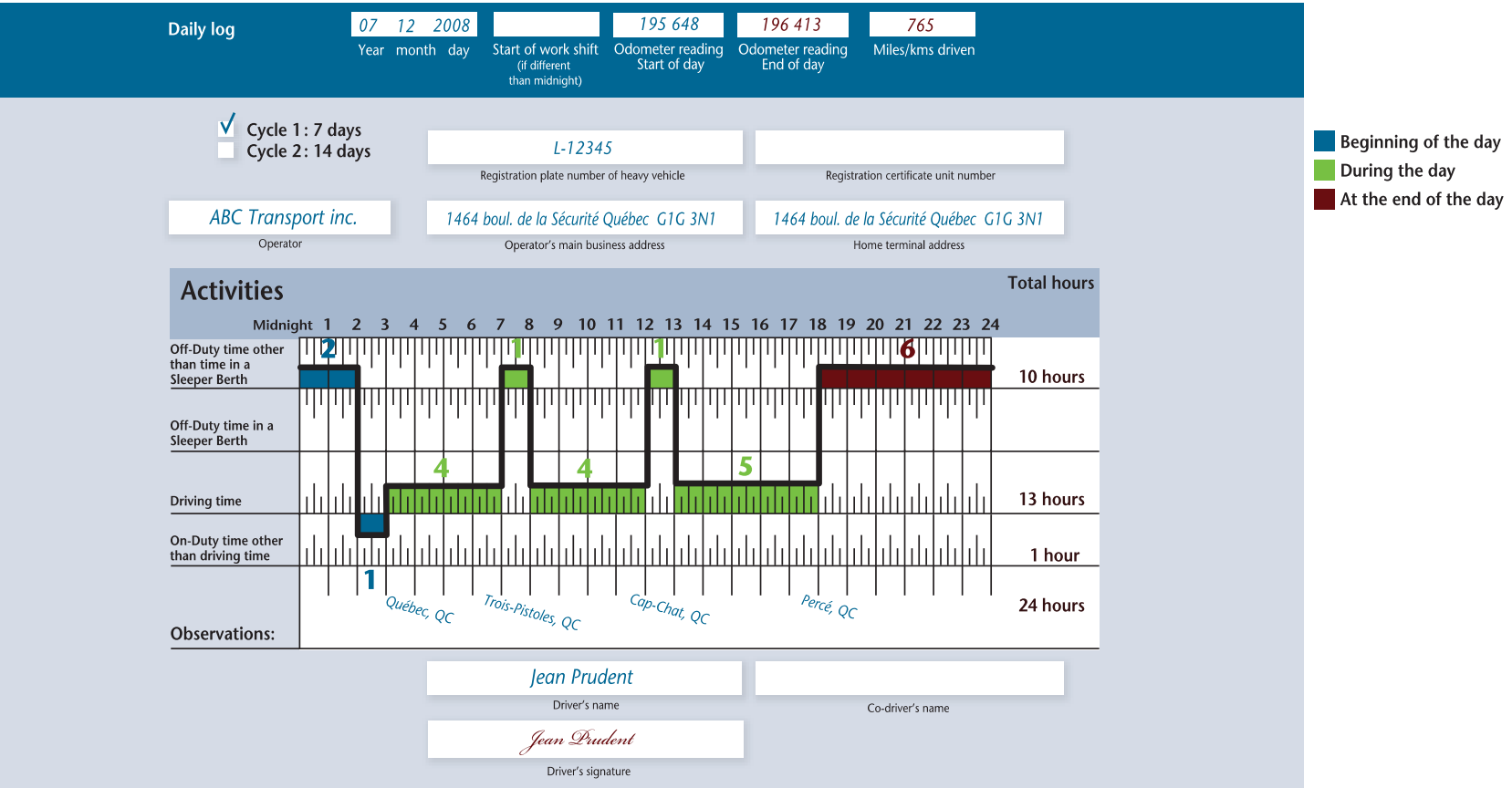


ILLUSTRATION E/DAILY LOG



EXEMPTIONS FROM FILLING OUT A DAILY LOG

A driver who meets **all of the following conditions** is not required to fill out a daily log if:

- the driver operates a vehicle within a radius of 160 km of the home terminal;
- the driver returns to the home terminal each day to begin a minimum of 8 consecutive hours of rest;
- the driver operates a vehicle that is not covered by a permit to depart from hours of driving and rest; and
- the operator meets either of the following conditions:

A. the operator maintains registers showing, for each day, the driver's duty status and cycle followed, the hour at which each duty status begins and ends and the total number of hours spent in each status and, if applicable, the reasons for any excess hours or deferral of hours of rest;

B. the operator maintains registers showing, the date and time when the day begins if different than midnight, the cycle followed by the driver, the time at which the driver's work shift begins and ends and the total number of hours on duty during the day provided that:

- the work shift begins and ends during the same day;
- the duration of the work shift is 13 hours or less;
- the duration of the period off duty before and after the work shift is at least 11 consecutive hours.

Important: Even if a driver is not required to fill out a daily log, he or she is required to comply with rules that govern driving hours, hours on duty and hours off duty.

C-4554 A (06-12)

Société de l'assurance automobile
Québec