







# The HOS Foundation Worksheet Answer Key

Section	Definition
 <p data-bbox="235 562 414 598"><b>Start of Shift</b></p>	<p data-bbox="462 378 1404 420">A driver may not drive without first taking <b>10 consecutive hours off duty.</b></p>
 <p data-bbox="235 972 414 1008"><b>14-Hour Rule</b></p>	<p data-bbox="462 787 1404 861">A driver may only drive during the <b>first 14 hours of coming on duty.</b> This is also referred to as the <i>driving window</i>.</p>
 <p data-bbox="235 1381 414 1417"><b>11-Hour Rule</b></p>	<p data-bbox="462 1197 1404 1270"><b>Drivers may not drive more than 11 hours.</b> Driving must occur within the driving window.</p>



Section	Definition
 <p data-bbox="245 453 397 485"><b>60/60 Rules</b></p>	<p data-bbox="464 275 1260 338">These rules can be thought of as <b>weekly limits</b> or weekly time calculations.</p> <p data-bbox="464 373 1398 474">If the motor carrier operates vehicles every day of the week, the driver may not drive after <b>accumulating 70 hours of on-duty time over an 8-day period</b>.</p> <p data-bbox="464 510 1398 611">If the motor carrier <u>does not operate vehicles every day of the week</u>, the driver may not drive after having <b>accumulated 60 hours of on-duty time within a 7-day period</b>.</p>
 <p data-bbox="235 863 414 926"><b>34-Hour Rest Break</b></p>	<p data-bbox="464 684 1390 747">A driver may restart his or her weekly time calculation by taking at least <b>34 consecutive hours off duty</b>.</p>
 <p data-bbox="220 1272 428 1335"><b>Supporting Documentation</b></p>	<p data-bbox="464 1094 1292 1157">Drivers (and motor carriers) are required to collect and maintain documentation (e.g., bills of lading) supporting log entries.</p>

