Cross-border hours-of-service requirements

**FAQ007: Are there HOS regulations in the United States or Mexico that allow a driver to reset a maximum duty time period?**

**Answer**: In the United States, drivers transporting property may restart their 7 or 8-day duty period if they take 34 or more consecutive hours of off-duty.   (49 CFR § 395.3(d))

In Mexico, currently there are no HOS reset provisions.