Cross-border hours-of-service requirements

**FAQ009: Do Canada and the United States have similar HOS regulations regarding 30-minute break periods?**

**Answer:** Yes. Rest breaks during 14-cosecutive hour duty period: When operating in the United States, 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. (49 CFR § 395.3(a)(3)(ii))

When operating in Canada, off-duty time other than the mandatory 8 consecutive hours off may be distributed throughout the day in blocks of no less than 30 minutes each. (SOR/2005-313 – Section 14: Daily Off-duty Time)