Cross-border hours of service requirements

**FAQ016: Are there HOS regulations in the United States or Canada 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 Canada, a driver’s duty hours may be reset to zero if:

* they take 36-consecutive hours of off-duty if operating under Cycle 1 (SOR/2005-313 - Section 28 – Cycle Reset – Off-duty Time) or
* they take 72-consecutive hours of off-duty if operating under Cycle 2. (SOR/2005-313 - Section 28 – Cycle Reset – Off-duty Time)