

## **Frequently Asked Questions Relating to 2020 Changes to Hours of Service Regulations**

### Question 17

Q: Does the 30-minute break have to be consecutive?

A: Yes. But, drivers may use different non-driving statuses (off-duty, sleeper berth, or on-duty not driving) to add up to the 30-consecutive minutes. For example, a driver could use 10 minutes of off-duty time, followed by 20 minutes to fuel the truck and fill out paperwork (on-duty, not driving time) to satisfy his or her 30-minute break, as long as the various duty periods are consecutive.

Regulatory Topic: Hours of Service

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