

FATIGUE OPERATING STANDARDS

Operating Standard for Solo Drivers	Time Spent in the Activity
<ul style="list-style-type: none"> Maximum continuous <i>Active Work Time</i> (driving and non- driving work time) before a break must be taken. 	5 hours
<ul style="list-style-type: none"> Minimum <i>Short Break Time</i> a schedule must allow for each five hours of work time. 	20 minutes
<ul style="list-style-type: none"> Minimum amount of short break time to be taken during or after five hours work time. 	10 minutes
<ul style="list-style-type: none"> Time period after which a short break is considered to be non-working time. 	30 minutes
<ul style="list-style-type: none"> Maximum active work time in any 14 days. 	168 hours
<ul style="list-style-type: none"> Minimum continuous rest break during a 24 hour period. 	7 hours
<ul style="list-style-type: none"> Minimum total time not working in 72 hours. 	27 hours
<ul style="list-style-type: none"> Maximum time between major rest breaks (seven hours or longer). 	17 hours
<ul style="list-style-type: none"> Minimum days off in any 14 day period. 	2 breaks of a continuous 24 hours
<ul style="list-style-type: none"> Minimum time off during any 28 days where work time is less than 144 hours in any 14 days. 	4 breaks of a continuous 24 hours
Operating Standard for Two-Up Drivers	Time Spent in the Activity
<ul style="list-style-type: none"> Minimum non-work time in a 24 hour period (does not have to be continuous). 	7 hours
<ul style="list-style-type: none"> Minimum continuous non-work time in a stationary vehicle or away from the vehicle in 48 hours. 	7 hours
OR	
<ul style="list-style-type: none"> Minimum continuous non-work time away from vehicle in seven days. 	48 hours