

Changes to 30-Minute Break Requirement





30-Minute Break Requirement

HOS final rule changes:

- 30-consecutive-minute break is required after **8 cumulative hours of driving** without at least a 30-minute break
- 30-minute break can be satisfied by:
 - ✓ **Off-duty**
 - ✓ **Sleeper berth**
 - ✓ **On-duty not driving**

Compliant 30-Minute Breaks

Break must be 30 consecutive minutes.

Drivers can use different non-driving statuses to add up to the 30 minutes.



Yard Moves and Roadside Inspections

Yard moves and roadside inspections can count toward the 30-minute break requirement. Both should be recorded as “on-duty, not driving” time.



Yard moves



YES



Roadside inspections



YES