



## **What is HOS?**

HOS stands for Hours of Service. These are regulations issued by the FMCSA to limit the number of daily and weekly hours spent driving and working.

## **Why HOS Matters**

HOS rules help prevent driver fatigue, improve road safety, and ensure compliance with federal laws.

## Basic Rules

- 11-hour driving limit
- 14-hour on-duty limit
- 30-minute break after 8 hours
- 60/70 hour limit over 7/8 days

## **Required Logs**

Drivers must maintain logs using an ELD (Electronic Logging Device) and retain supporting documents such as fuel receipts, bills of lading, etc.

## **Common Violations**

- Driving beyond allowed hours
- Falsifying logs
- Missing break periods
- No supporting documents

## **Tips for Compliance**

- Plan your trips ahead
- Take timely breaks
- Use ELDs properly
- Audit your logs regularly