

Exercise - Hours of service training - Supervisors

1. The 14-hour rule.

Content: The objective of this exercise is to give your students a clearer understanding of the 14-hour rule.

Instructions: Make copies of the Drivers Daily Log exercise and distribute them to your students. The exercise contains two completed log book pages. For each of the logs your students need to make the following determinations:

1. Is there a violation of the 14-hour rule?
2. If yes, when did the violation begin and when did the violation end?

Your students should assume that the driver had 10 consecutive hours off duty prior to the beginning of each log. Give your students a few minutes to complete the exercise. Then ask for volunteers to share their answers.

2. The 70-hour/8-day rule.

Content: The objective of this exercise is to give your students a clearer understanding of how to calculate the number of hours available when working with a 70-hour/8-day limit.

Instructions: Make copies of the exercise handout and distribute them to your students. Give them a few minutes to complete the exercise. Then ask for volunteers to share their answers.