

# HOS Final Rule:

The FMCSA updated four hours of service requirements on June 1, 2020, to provide drivers more flexibility without compromising safety. Beginning on September 29, 2020, motor carriers must abide with the new HOS requirements.

	<b>Short-haul Exception</b> Expands the short-haul exception to 150 air-miles and allows a 14-hour work shift to take place as part of the exception.
	<b>Adverse Driving Conditions Exception</b> Expands the driving window during adverse driving conditions by up to an additional 2 hours.
	<b>30-Minute Break Requirement</b> Requires break of at least 30 consecutive minutes after 8 cumulative hours of driving time (instead of on-duty time) and allows an on-duty/not driving period to qualify as the required break.
	<b>Sleeper Berth Provision</b> Modifies the sleeper berth exception to allow a driver to meet the 10-hour minimum off-duty requirement by spending at least 7 hours of that period in the berth combined with a minimum off-duty period of at least 2 hours spent inside or outside the berth, provided the two periods total at least 10 hours. When used together as specified, neither qualify period counts against the 14-hour driving window.