

Drive the 5

- D**istracted free
- R**ested and alert
- I**mpairment free
- V**ehicle maintained
- E**nvironment aware

Learn more at [MyNSightOnline.com/DriveThe5](https://www.nationwide.com/DriveThe5)

The information used to create this brochure was obtained from sources believed to be reliable to help users address their own risk management and insurance needs. It does not and is not intended to provide legal advice. Nationwide, its affiliates and employees do not guarantee improved results based upon the information contained herein and assume no liability in connection with the information or the provided suggestions. The recommendations provided are general in nature; unique circumstances may not warrant or require implementation of some or all of the suggestions. Nationwide, Nationwide is on your side and the Nationwide N and Eagle are service marks of Nationwide Mutual Insurance Company. Third-party marks that appear in this message are the property of their respective owners.
© 2024 Nationwide GCO-0804AO (04/24)



Nationwide®
is on your side

Hours of service (HOS)

Complying with HOS regulations is essential, but it doesn't guarantee you're free of fatigue. Remember these key points if you must comply with HOS regulations.

1 Driving limits—Unless using an exception or exemption, drivers cannot:

- Drive more than 11 hours in a 14-hour work shift.
- Be on duty for more than 14 hours.
- Reset their clock without at least 10 consecutive hours of off-duty time.

2 Rest breaks:

Drivers who log hours must take a 30-minute rest break after 8 hours of driving.

3 When to rest:

The 30-minute break can be taken during off-duty time or while on-duty but does not occur while driving.

4 Sleeper berth:

Drivers can split their required 10 hours off-duty into two periods (e.g., 8/2 or 7/3). Neither period counts against the 14-hour driving window.

5 Weekly limits:

Remember after reaching maximum weekly hours (either 60 hours/7 days or 70 hours/8 days), drivers cannot drive a commercial motor vehicle.