



Hours Of Service Policy

- You are to adhere to hours of Service at all times.
 - You should not be driving the truck without the ELD at any time.
- ***Always check your truck gateway. The green light should be on indicating you are connected to the truck with ELD logs. Red light means you are not connected***
- Take care of your HOS Cycles.

30-Minute Driving Break

Drivers must take a 30-minute break when they have driven for 8 cumulative hours without at least a 30-minute interruption. The break may be satisfied by any non-driving period of 30 consecutive minutes (i.e., on-duty not driving, off-duty, sleeper berth, or any combination of these taken without interruption).

14-Hour Limit

You may not drive beyond the 14th consecutive hour after coming on duty, following 10 consecutive hours off duty. Off-duty time does not extend the 14 hours. (10 hours must be done in the sleeper.)

11-Hour Driving Limit

You may drive a maximum of 11 hours after 10 consecutive(uninterrupted) hours off duty in the sleeper berth.

60/70-Hour Limit

You may not drive after 60/70 hours on duty in 7/8 consecutive days. A driver may restart a 7/8 consecutive day period after taking 34 or more consecutive hours off duty. (can be done in the sleeper berth.)

➤ At no point are you allowed to work if you violate any of the above-mentioned HOS rules.

Sleeper Berth Provision

Drivers may split their required 10-hour off-duty period, as long as one off-duty period (whether in or out of the sleeper berth) is at least 2 hours long and the other involves at least 7 consecutive hours spent in the sleeper berth. All sleeper berth pairings MUST add up to at least 10 hours. When used together, neither period counts against the maximum 14- hour driving window.

Sleeper Split explained:

Example Split Sleeper Combinations (a+b):

- 1a. Driver takes 3 hours Off-Duty
- 1b. Driver has to take 7+ hours in Sleeper Berth

- 2a. Driver takes 2 hours Off-Duty
- 2b. Driver has to take 8+ hours in Sleeper Berth

- 3a. Driver takes 7+ hours in Sleeper Berth
- 3b. Driver has to take 3+ hours in Off-Duty/ Sleeper Berth

- 4a. Driver takes 2+ hours in Sleeper Berth
- 4b. Driver has to take 8+ hours in Sleeper Berth

This qualifies as 10 hours rest. Anything around this will not count on the ELD. BE ADVISED!

Shaheen Transport LLC HOS Policy

Remember:

- 10 hours off-duty should be done in the sleeper. Anything under one hour should be done off-duty.
- Fueling should be done On-duty. (15 minutes on and rest off-duty.)
- Yard moves are for safe parking or shipper/receiver truck/trailer moving.)
- Always Always Always ad notes when using on-duty, off-duty, and sleeper status.

By signing this, you will agree to all company policies HOS, and bonus information.

EMPLOYEE NAME:(PRINT)_____

EMPLOYEE SIGN:_____ DATE:_____