







# The HOS Foundation Worksheet

The new rules are designed to provide greater flexibility for drivers who are subject to Hours of Service rules without adversely affecting safety. As such, the foundation upon which the rules are built remain mostly unchanged.

**Directions:** For each of the sections, define the essential takeaway of the HOS Foundational Rules.

Section	Definition
 <p data-bbox="235 793 407 823"><b>Start of Shift</b></p>	
 <p data-bbox="235 1203 407 1232"><b>14-Hour Rule</b></p>	
 <p data-bbox="235 1612 407 1642"><b>11-Hour Rule</b></p>	



Section	Definition
 <p data-bbox="235 451 409 483"><b>60/60 Rules</b></p>	
 <p data-bbox="235 858 409 926"><b>34-Hour Rest Break</b></p>	
 <p data-bbox="235 1266 409 1333"><b>Supporting Documentation</b></p>	

