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THINK FIRST
NRMCA SAFETY

Hours of Service for Mixer Drivers

Hours of Service and Ready Mixed Concrete Drivers

Hours of Service (HOS) regulations are federal and state regulations that limit when and for how long drivers of commercial motor vehicles (CMVs) may drive during the course of an entire day and an entire week. Specifically, HOS rules apply to CMV drivers (such as mixer truck drivers) transporting property or passengers and weigh at least 10,001 lbs. The purpose of HOS regulations is to keep drivers alert while driving, reduce driver fatigue and reduce accidents associated with driver fatigue. HOS rules are overseen by the Federal Motor Carrier Safety Administration (FMCSA) and/or state enforcement agencies.

What to Know About Mixer Drivers and Hours of Service

While HOS rules have gained a lot of attention and seen a number of changes over the last 20 years, they have actually been in place since 1939. The most recent changes with an impact on ready mixed concrete drivers came in September 2020 and are still in effect today. Not only are there federal regulations, but about half of the states observe "intrastate tolerance guidelines", which are less stringent HOS rules. These state rules are allowed by federal DOT but have to be adopted by individual states in order to be utilized on the state level. In any case, federal rules apply if a driver crosses state lines. The federal HOS regulations, in part, include:

Throughout an entire day:

- A mixer driver may not drive after an on-duty period until they have had at least 10 consecutive hours off-duty;
- Mixer drivers may not drive beyond the 14th hour after coming on-duty, until they have had 10 consecutive hours off-duty (this provision is known as the 14-hour driving window);
- Once a week, the 14-hour window can be extended up to 16 hours, if the driver is released from duty at the 16th hour;
- Mixer drivers may not drive more than 11 hours within the 14- or 16-hour driving windows;
- A 30-minute break is required after 8 hours of driving time (instead of on-duty time), but allows an on-duty/not driving period to qualify as the required break (see *NRMCA HOS Guide* for more information); and
- Mixer drivers must keep a daily log denoting their driving status in 15-minute increments unless they can take advantage of the 150 air-mile logging exemption. Electronic logging devices are permissible (see *NRMCA HOS Guide* for more information).

Throughout an entire week:

- If a concrete producer does not operate every day of the week, then drivers may not drive after they have been "on-duty" for 60 hours in any 7-day period (ex. plant is open only Monday-Saturday).
- Similarly, if a concrete producer operates every day of the week (Monday-Sunday), then drivers may not drive after they are "on-duty" more than 70 hours in any 8-day period.
- Mixer drivers may re-start the 60-hour/7-day or 70-hour/8-day clock after they have had at least 34 consecutive hours of off-duty time; however, mixer drivers can take advantage of the "construction material exemption" only needing 24 hours of off-duty time to restart their weekly clock (see *NRMCA HOS Guide* for more information).

Hours of Service Do's and Don'ts

- Think first before and while operating a mixer truck
- Know what HOS rules are required in your area
- Maintain and document compliance with HOS rules
- Regularly train drivers on HOS rules
- Even if "hours" remain, an overly fatigued driver should not drive



Resources

NRMCA: 2023 Drivers' Hours of Service Guide | FMCSA: Hours of Service (HOS)

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