

Alberta Provincial Driving Limitations

Work-Shift Limits

Mandatory Off-Duty Time (also Known as Work-Shift Limits)

A "work shift" is the period that begins when a driver goes on-duty at the end of a period of **at least eight hours off-duty time**, and ends when the driver starts the next period of at least eight consecutive hours off-duty.

- **The 13-Hour Driving Time in a Work-Shift Rule**

After a driver has accumulated 13 hours of driving time from the end of the most recent period of eight or more consecutive hours of off-duty time, the carrier shall not permit, and the driver shall not drive again, unless he or she takes at least eight consecutive hours of off-duty time.

- **The 15-Hour On-duty in a Work-Shift Rule**

After a driver has accumulated 15 hours of on duty time from the end of the most recent period of eight or more consecutive hours of off-duty time, the carrier shall not permit, and the driver shall not drive again, unless he or she takes at least eight consecutive hours of off-duty time.

Eight Consecutive Hours of Required Rest

- The eight or more consecutive hours off-duty time required to restart a work shift may be a combination of off-duty time and sleeper-berth time.

Sleeper-berth Split

If the vehicle has a sleeper berth that meets the prescribed specifications, the driver can split the mandatory off-duty time into two sleeper-berth periods if:

- Neither period is less than two hours.
- The total of the two sleeper periods is at least 8 hours.
- The off-duty time is spent resting in the sleeper berth.
- The total driving time before and after each sleeper period does not exceed 13 hours.

Off-Duty Time Reduction

The 8 hours that is required to end a shift and start a new shift may be reduced from 8 if the driver meets the conditions below:

1. The last work shift of a driver did not exceed 15 hours.
2. The number of hours that the driver is off duty before the driver commences the next work shift may be reduced to not less than 4 hours.
3. The total consecutive hours that the driver will be off duty immediately following the next work shift will not be less than 8 hours plus the number of hours by which the driver's time off duty had been reduced before the

driver had commenced that next work shift (i.e. if the driver reduces the 8 hour period to 4 hours, the driver would be required to take a period of 12 consecutive hours off-duty before starting the next shift).

NOTE: A driver's time off duty using the above provision may only be reduced once in any period of 7 consecutive days.

Adverse Driving Conditions

A driver who encounters unexpected adverse driving conditions while operating a commercial motor vehicle may exceed (by not more than 2 additional hours) the number of hours that the driver is permitted to drive under this Regulation **only if the trip as originally planned could not have been completed within the driving time or the time on duty specified in the regulation.**

"Adverse Driving Conditions" means conditions that make driving hazardous, such as:

1. Snow, sleet, fog or smoke in sufficient amounts so as to obscure a person's vision to the extent that the person cannot drive safely.
2. A highway covered with snow or ice.
3. Physical circumstances, other than snow or ice, that make the highway or driving unsafe.
4. That were not apparent or known to the driver or the carrier at the time the trip began.

Emergencies

Where the safety of an occupant of a vehicle, the goods being transported by a vehicle or a vehicle itself is in jeopardy, the driver of the vehicle may exceed the number of hours that the driver is permitted to drive under this Regulation in order to reach a place of safety for the person, goods or vehicle, as the case may be.