

About this Course

Hours of Service (HoS) regulations are a set of standards developed through the National Safety Code to govern and track the working hours of any driver operating a commercial motor vehicle.

HoS regulations are designed to help improve public road safety by reducing the risks of driver fatigue, in order to decrease the amount and severity of automotive collisions involving commercial motor vehicles.

In this module, you will learn about the HoS Regulations for commercial vehicle drivers and carriers who operate within the province of Alberta, along with what you'll need to know to maintain a proper Daily Log to track your hours.

The average student will require approximately 30 minutes to complete both the course and quiz.



Course Outline

- Regulation Standards
- Driver's Daily Log
- Driving Limitations
- Permits and Exemptions
- Responsibilities
- Enforcement and Penalties
- Mastery Quiz (80% to pass)

Verification Techniques Employed

- ✓ **Identity:** Unique usernames and passwords.
- ✓ **Security:** Bank-level encryption.
- ✓ **Certificate Verification:** Certificates contain a verification code that can be checked on MyOTF.com.