

C. Aaron Jones - Comments

I would like to propose a rule that would require a certain amount of time to pass between 10 hour breaks. It's far too common to deliver a load in the morning, then be dispatched a load that I can't pick up until later that night. My company will tell me to take my 10 hour break, then get rolling on the next load. I also run into the same problem when I only have 5 hours to run, then am expected to drive those 5 hours and start a new 10 hour break. Since trucking outfits don't understand that drivers are humans that can't be switched on and off, I believe there should be some kind of rule that prevents drivers from logging their rest too short from their previous break. My ideal rule would be 12 hours minimum distance between two valid break periods. Example: If I go on duty at 8am, I would have to wait until at least 6am before I can go on duty the next day