



DRIVING HOURS / REST PERIODS

What is rest time

Rest time is any continuous period of at least 15 minutes that is not driving time or work time. Breaks of less than 15 minutes are classed as work time

What is work time

The work time of a driver includes driving time, and other time spent by the driver doing the following tasks

- A) Loading or unloading
- B) Inspecting, servicing or repairing
- C) Cleaning or refueling
- D) Performing marketing tasks
- E) Helping with or supervising an activity mentioned in paragraphs a to c
- F) Recording information, or completing a document in accordance with the regulations, or in relation to the operation of a truck

How long can a person drive with out a break

The maximum a person can drive without a break is 5 hours

How long and how often must a driver take a break

A driver must have a minimum of 30 minutes rest in every 5.5 hours. This can be taken in one period of 30 minutes or two separate periods of at least 15 minutes each. Breaks less than 15 minutes are counted as work time

Where can a driver take their rest period

A driver can take a rest period in the drivers seat with the engine turned off, in an approved sleeper berth, or away from the vehicle. However , rest periods of 24 consecutive hours must be taken away from the vehicle.

What is the minimum rest a driver must have in a 24hr period

A driver must have a minimum of 10 hours rest, including one rest period of at least 6 consecutive hours

How many hours can a driver legally work in 24 hours

A driver can not work more than 14 hours in any 24 hour period. The 14 hours includes a maximum of 12 hours driving time.

Is a 24hr period midnight to midnight

No, it is any 24 hour period, eg 6.00 am to 6am or 5.30 pm to 5.30 pm

How many hours can a truck driver legally work over a rostered period

The maximum number of hours a regulated truck driver can work(Including drive) in any 168 hour(7 day) period is 72 hours

Standard hours, drive/ working hours and rest periods for a solo and two up truck drivers

In ay period of..... a driver must not drive / work for more than and must have a rest period of no less than.....	The rest period may be taken
5 hours and 30 minutes	5 hours	30 minutes , either as one period or two separate periods of 15 minutes each	In the drivers seat with the engine turned off In an approved sleeper birth Away from the vehicle
24 hours	14 hours (maximum 12 hours driving	10 hours, with a minimum of 6 hours continuous rest	In the drivers seat with the engine turned off In an approved sleeper birth Away from the vehicle
168 hours (1 week)	72 hours	96 hours(see below for required including 24 hour continuous rest periods	In the drivers seat with the engine turned off In an approved sleeper birth Away from the vehicle 24 consecutive hours of rest to be taken away from the vehicle
Minimum rest time away from truck	24 hours continuous Heavy truck drivers only		

Acknowledgement:

Print Name

Date

Signature