





SIMPLE GUIDE TO DRIVING HOURS

	Driving
	Break or rest period
	Other work
	Period of availability

Actual Driving time of wheels turning on tarmac, you can only do 4.5 hours without a break

After 4.5 hours you must have 45 min break

The 45 min break can be taken in two periods, first period must be 15 min followed by a 30 min period

Once 45 mins is accumulated, the slate is clean to drive another 4.5 hours

Daily driving in 24 hours is 9 hours

You can increase daily driving **twice** a week to 10 hours

Rest Period is minimum 11 hours in 24 hours therefore **you can be on duty for 13 hours**

You can reduce rest period **3 times** a week to 9 hours therefore **you can be on duty for 15 hours**

NB drivers talk about the 15 hour as their three life lines a week. Remember if you do 13 hours and 1 min you have used a life line therefore if you have tarmac, drive time & fit to do so, you can or may as well use the remaining time to gain the advantage. 😊

The daily rest period can also be split on a daily basis if you so wish, the total amount of rest required to do this is 12 hours. The first period must be at least 3 hours and the last period must be 9 hours.

Weekly rest must be at least 45 hours but this can be reduced to 24 hours. If a reduction is made the reduced time must be repaid en-bloc and attached to another rest period of at least 9 hours before the end of the third week following the reduction. It is possible to reduce two weekly breaks back to back, providing you have taken a full weekly break of 45 hours either side of the reduced breaks.

Getting the best out of your day

End of day add up; Driving time, Break time, Other work & POA

Having this information is vital, balance the books over a fortnight and make sure you're not over 90 hours of drive time.

As for POA and break they don't add up as work, so flipping to these modes is best practice & essential to overcome WTD of 48 hours a week.

Plan your time; other work opening curtains etc. tell fork lift driver give you a shout as am available so go on POA, if he going to be a while tell fork lift driver I'm going for a coffee and put it on break. The Mode Switch is your friend USE IT.