

Driving and Resting Time Rules



A stylized illustration featuring a grey coffee cup on a white saucer to the left, and a blue bed with a white pillow and blanket to the right. The background is a light yellow with white and yellow wavy lines.

Resting time rules

Regular daily rest period

A regular daily rest period is of at least 11 hours.

You can split it into two periods:

1. one uninterrupted period of at least 3 hours; and
2. one uninterrupted period of at least 9 hours.

Reduced daily rest period

Less than 11 hours but at least 9 hours. A maximum of three reduced daily rest periods can be taken between any two weekly rest periods.

You need to have completed a daily rest period within 24 hours after the end of the previous daily or weekly rest period.

A new 24-hour period begins when you start working again after a qualifying daily or weekly rest period.

Daily rest in the case of multi-manning

Within 30 hours of the end of a daily or weekly rest period, you must have taken a new daily rest period of at least 9 hours if you are engaged in multi-manning.

This applies to each driver.

Weekly rest

A regular weekly rest period is of at least 45 hours. A reduced weekly rest period is of at least 24 hours but less than 45 hours.

Weekly rest must start no later than 144 hours (6 x 24 hours) after the previous weekly rest period.

In 2 consecutive fixed weeks (Monday to Sunday) you must take at least:

- two regular weekly rest periods (minimum of 45 hours each); or
- one regular weekly rest period (minimum of 45 hours) and one reduced weekly rest period (minimum of 24 hours).

If you take the reduced weekly rest period, the reduction must be compensated by taking an equivalent period of rest en bloc attached to another rest period of at least 9 hours before the end of the third week, following the week when the reduction took place.

Driving time rules

Daily driving time

Maximum of 9 hours. You can exceed 9 hours, but no more than twice a week and then up to a maximum of 10 hours.

Weekly/fortnightly driving

Maximum of 56 hours in 1 week. No more than 90 hours over 2 weeks.

Break

After driving for 4.5 hours, you must take a break of at least 45 minutes (unless you take a rest period).

A break can be divided into two parts and has to be taken during the 4.5 hours driving period. The break can be divided as follows:

1. at least 15 minutes, for the first part; and
2. at least 30 minutes, for the second.

Further weekly rest rules introduced by the Mobility Package on 20 August 2020



You cannot take your regular weekly rest in the vehicle

- Your employer must pay for a suitable accommodation with adequate sleeping and sanitary facilities where you can rest.
- Your employer must enable you to return, within each period of either 3 or 4 consecutive weeks (depending on whether you had two consecutive reduced weekly rests), to one of the following two places to take your regular weekly rest:
 1. Your employer's operational centre in the EU Member State of establishment where you are normally based; or
 2. Your place of residence when it differs from the employer's place of establishment.

If you are a driver who works on international freight transport operations:

- You may take two consecutive reduced weekly rest periods abroad, provided that in any 4 consecutive weeks you take at least four weekly rest periods;
- At least two of those rest periods must be regular weekly rest periods;
- After two consecutive reduced weekly rest periods your employer must organise your work in a way that enables you to return to one of the locations mentioned in the previous section (points 1. & 2.), in the following week of the regular weekly rest period of more than 45 hours taken in compensation;
- The compensation must be taken immediately preceding the regular weekly rest in the following week.



Ferry/train interruptions

A regular daily rest period or reduced weekly rest period can be interrupted if you are accompanying a vehicle transported by ferry or train.

- You are allowed a maximum of two interruptions, for no more than 1 hour of duration in total.

During this reduced weekly rest period you must have access to a sleeper cabin, a bunk or a couchette.

This exception only applies to regular weekly rest periods if the journey is scheduled for at least 8 hours and the driver has access to a sleeper cabin.

You may not spend a part of your regular weekly rest in the vehicle before embarking and/or after disembarking from the ferry/train.

Border crossings

At the beginning of your first stop, manually record the symbol of the country you are entering after having crossed the border of an EU Member State.

This first stop must be at the nearest possible stopping place at or after the border.

If you cross the border of an EU Member State by ferry or train, then you must enter the symbol of the country at the port or station of arrival.

Daily start/end location

You are required to record the symbol of the countries in which the daily working period started and finished.

Use of mode switch

If the drivers' hours regulation for freight or passenger vehicles applies to you, then you must operate the tachograph correctly to record all activities.

Passenger transport *'12-day rule' applies.*

In certain circumstances, the weekly rest period can be postponed until the end of the 12th day for drivers on a single international journey.

If the vehicle is fitted with an analogue tachograph, this exception does not apply.

Rest should be taken as follows:

- at least 45 hours before the journey;
- at least one regular and one reduced weekly rest period back to back (69 hours), or two regular weekly rest periods (45 hours + 45 hours), after the journey.

If you take the reduced weekly rest period, the reduction must be compensated by an equivalent period of rest taken en bloc attached to another rest period before the end of the third week, following the end of the derogation period.

Single-manned vehicles: if you drive between 22.00 and 6.00, you can only drive for a maximum of 3 hours without taking a break.





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