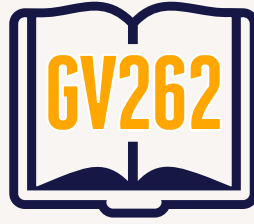


REST PERIODS

WHAT IS REST?

A PERIOD DURING WHICH A DRIVER MAY FREELY DISPOSE OF HIS/HER TIME.



DAILY REST

TYPES OF REST

REGULAR DAILY REST



The minimum regular daily rest period is 11 hours of uninterrupted rest within a 24 hour period

SPLIT DAILY REST



Daily rest can be split into two periods of at least 3 hours followed by at least 9 hours

reduced DAILY REST



Daily rest can be reduced to 9 hours up to 3 times a week

FERRY/TRAIN JOURNEYS



On a ferry/train, regular daily rest can be interrupted twice for an hour total as long as the driver has access to a bunk or couchette

WEEKLY REST



PREVIOUS REST



NEXT REST

144 HRS

If reduced weekly rest is taken away from base it can be taken in the vehicle if it has suitable sleeping facilities and is stationary