

Rest Periods



Daily rest periods

A driver must take a daily rest period within each period of 24 hours after the end of the previous daily or weekly rest period. An 11-hour (or more) daily rest is called a regular daily rest period.

A rest is an uninterrupted period where a driver may freely dispose of his time. Time spent working in other employment or under obligation or instruction, regardless of the occupation type, cannot be counted as rest, including work where you are self-employed.

24 HOUR PERIOD

Driving + other work + breaks = 13 hours

Regular daily rest 11 hours

A driver may reduce his daily rest period to no less than 9 continuous hours, but this can be done no more than three times between any two weekly rest periods; no compensation for the reduction is required. A daily rest that is less than 11 hours but at least 9 hours long is called a reduced daily rest period.

24 HOUR PERIOD

Driving + other work + breaks = 15 hours

Reduced daily rest 9 hours

When a daily rest is taken, this may be taken in a vehicle, as long as it has suitable sleeping facilities and is stationary.

To summarise, a driver who begins work at 06.00 on day 1 must, by 06.00 on day 2, at the latest, have completed either:

- a regular daily rest period of at least 11 hours; or
- a split regular daily rest period of at least 12 hours; or
- if entitled, a reduced daily rest period of at least 9 hours

Regular daily rest: A continuous period of at least 11 hours' rest.

Reduced daily rest period: A continuous rest period of at least 9 hours but less than 11 hours.

