



Working Time Rules

If you are driving under the EU drivers' hours rules or if you operate a vehicle in scope of the EU drivers' hours rules, then you are subject to the Road Transport (Working Time) Regulations 2005 (as amended - 'the 2005 Regulations')

The main provisions of the 2005 Regulations are as follows;

Weekly working time: must not exceed an average of 48 hours per week over the reference period. A maximum working time of 60 hours can be performed in any single week providing the average 48-hour limit is not exceeded.

If you have signed the 48 hour opt out form, the 48 hour average will not apply to you.

Night work: if night work is performed, working time must not exceed 10 hours in any 24-hour period. Night time is the period between 00.00 and 04.00 for goods vehicles and between 01.00 and 05.00 for passenger vehicles. The 10-hour limit may be exceeded if this is permitted under a collective or workforce agreement.

Breaks:



- Mobile workers must not work more than 6 consecutive hours without taking a break.
- If your working hours total between 6 and 9 hours, working time should be interrupted by a break or breaks totalling at least 30 minutes.
- If your working hours total more than 9 hours, working time should be interrupted by a break or breaks totalling at least 45 minutes.
- Breaks should be of at least 15 minutes' duration.
- Rest: the regulations are the same as the EU or AETR drivers' hours rules.

