



Driver *Factsheet 010*

Summary of Drivers Hours Rules ... keeping you legal.

Breaks	45 minute break or split break (of at least 15 minutes, and the second being at least 30 minutes) must be taken after 4.5 hours driving time.
Daily Driving Limit	The maximum hours you can drive for daily is 9 hours, this can be increased to 10 hours twice a week.
Weekly Driving Limit	The maximum hours you can drive for weekly are 56 hours.
Two weekly driving limit	The maximum hours you can drive over a two week period is 90 hours.
Daily Rest Periods	You must take a daily rest in each 24 hour period at the end of your shift for 11 hours or more. You can split your daily rest period into two periods of at least 3 hours and at least 9 hours. You can reduce your daily rest period to 9 hours no more than 3 times in a two week period.
Weekly rest period.	A weekly rest period must be started no more than six consecutive 24 hour periods, for at least 45 consecutive hours. You can reduce your weekly rest period to a minimum of 24 consecutive hours; this reduced time must be made up by the end of the third following week and attached to either a daily or weekly rest period.