

## Daily work and rest hours planner—Basic Fatigue Management (solo drivers)

|   |              |              |              |              |              |              |              |              |              |              |              |              |
|---|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|
| <b>If you start work at:</b>                            | <b>12:00</b> | <b>12:15</b> | <b>12:30</b> | <b>12:45</b> | <b>1:00</b>  | <b>1:15</b>  | <b>1:30</b>  | <b>1:45</b>  | <b>2:00</b>  | <b>2:15</b>  | <b>2:30</b>  | <b>2:45</b>  |
| you must take at least a <b>15 minute</b> break before: | <b>6:15</b>  | <b>6:30</b>  | <b>6:45</b>  | <b>7:00</b>  | <b>7:15</b>  | <b>7:30</b>  | <b>7:45</b>  | <b>8:00</b>  | <b>8:15</b>  | <b>8:30</b>  | <b>8:45</b>  | <b>9:00</b>  |
| and at least another <b>15 minute</b> break before:     | <b>9:00</b>  | <b>9:15</b>  | <b>9:30</b>  | <b>9:45</b>  | <b>10:00</b> | <b>10:15</b> | <b>10:30</b> | <b>10:45</b> | <b>11:00</b> | <b>11:15</b> | <b>11:30</b> | <b>11:45</b> |
| and at least another <b>30 minute</b> break before:     | <b>12:00</b> | <b>12:15</b> | <b>12:30</b> | <b>12:45</b> | <b>1:00</b>  | <b>1:15</b>  | <b>1:30</b>  | <b>1:45</b>  | <b>2:00</b>  | <b>2:15</b>  | <b>2:30</b>  | <b>2:45</b>  |
| <b>If you start work at:</b>                            | <b>3:00</b>  | <b>3:15</b>  | <b>3:30</b>  | <b>3:45</b>  | <b>4:00</b>  | <b>4:15</b>  | <b>4:30</b>  | <b>4:45</b>  | <b>5:00</b>  | <b>5:15</b>  | <b>5:30</b>  | <b>5:45</b>  |
| you must take at least a <b>15 minute</b> break before: | <b>9:15</b>  | <b>9:30</b>  | <b>9:45</b>  | <b>10:00</b> | <b>10:15</b> | <b>10:30</b> | <b>10:45</b> | <b>11:00</b> | <b>11:15</b> | <b>11:30</b> | <b>11:45</b> | <b>12:00</b> |
| and at least another <b>15 minute</b> break before:     | <b>12:00</b> | <b>12:15</b> | <b>12:30</b> | <b>12:45</b> | <b>1:00</b>  | <b>1:15</b>  | <b>1:30</b>  | <b>1:45</b>  | <b>2:00</b>  | <b>2:15</b>  | <b>2:30</b>  | <b>2:45</b>  |
| and at least another <b>30 minute</b> break before:     | <b>3:00</b>  | <b>3:15</b>  | <b>3:30</b>  | <b>3:45</b>  | <b>4:00</b>  | <b>4:15</b>  | <b>4:30</b>  | <b>4:45</b>  | <b>5:00</b>  | <b>5:15</b>  | <b>5:30</b>  | <b>5:45</b>  |
| <b>If you start work at:</b>                            | <b>6:00</b>  | <b>6:15</b>  | <b>6:30</b>  | <b>6:45</b>  | <b>7:00</b>  | <b>7:15</b>  | <b>7:30</b>  | <b>7:45</b>  | <b>8:00</b>  | <b>8:15</b>  | <b>8:30</b>  | <b>8:45</b>  |
| you must take at least a <b>15 minute</b> break before: | <b>12:15</b> | <b>12:30</b> | <b>12:45</b> | <b>1:00</b>  | <b>1:15</b>  | <b>1:30</b>  | <b>1:45</b>  | <b>2:00</b>  | <b>2:15</b>  | <b>2:30</b>  | <b>2:45</b>  | <b>3:00</b>  |
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### Basic Fatigue Management (solo drivers)

| In any period of... | A driver must not work for more than a <b>maximum</b> of... | And must have the rest of that period off work with at least a <b>minimum</b> rest break of...   |
|---------------------|---|--|
| <b>6 ¼ hours</b>    | <b>6 hours</b> work time                                    | <b>15 continuous minutes</b> rest time   |
| <b>9 hours</b>      | <b>8 ½ hours</b> work time                                  | <b>30 minutes</b> rest time in blocks of 15 continuous minutes   |
| <b>12 hours</b>     | <b>11 hours</b> work time                                   | <b>60 minutes</b> rest time in blocks of 15 continuous minutes   |
| <b>24 hours</b>     | <b>14 hours</b> work time                                   | <b>7 continuous hours</b> stationary rest time <sup>1</sup>  |
| <b>7 days</b>       | <b>36 hours long/night</b> work time <sup>2</sup>           |  |
| <b>14 days</b>      | <b>144 hours</b> work time                                  | <b>24 continuous hours stationary rest time</b> taken after no more than 84 hours work time <b>and 24 continuous hours stationary rest time</b> <b>and 2 x night rest breaks</b> <sup>3</sup> <b>and 2 x night rest breaks</b> taken on consecutive days |



<sup>1</sup> Stationary rest time is the time a driver spends out of a heavy vehicle or in an approved sleeper berth of a stationary heavy vehicle. <sup>2</sup> Long/night work time is any work time in excess of 12 hours in a 24 hour period or any work time between midnight and 6 am (or the equivalent hours in the time zone of the base of a driver) <sup>3</sup> Night rest breaks are 7 continuous hours stationary rest time taken between the hours of 10pm on a day and 8am on the next day (using the time zone of the base of the driver) or a 24 continuous hours stationary rest break.