

Staying Legal

HGV DRIVER HOURS AND RESTS

KEY = REST DRIVING OTHER



FAILURE TO COMPLY

can result in a fixed penalty of up to £300, a graduated deposit of up to **£1500** or you could be **summoned to court**.

Driving limits and breaks from driving

(After a period of 4.5hrs a driver must take 45min rest)

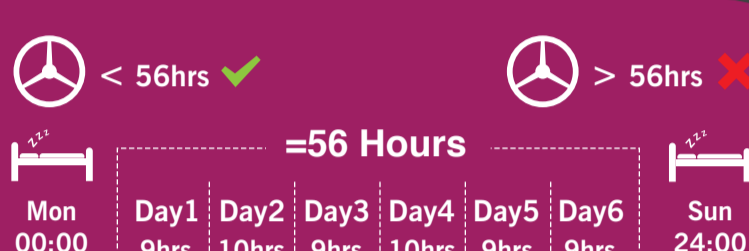


Split breaks

(Only first break can be under 30 mins)

2x per week maximum = 10hours

(All other days max of 9 hours)



1 week fixed

(A driver's weekly hours must be no more than 56 hours)

2 weeks

(Max driving time over any two-weekly period is 90 hours)



Daily Rest

Regular daily rest

A continuous period of at least 11 hours' rest.



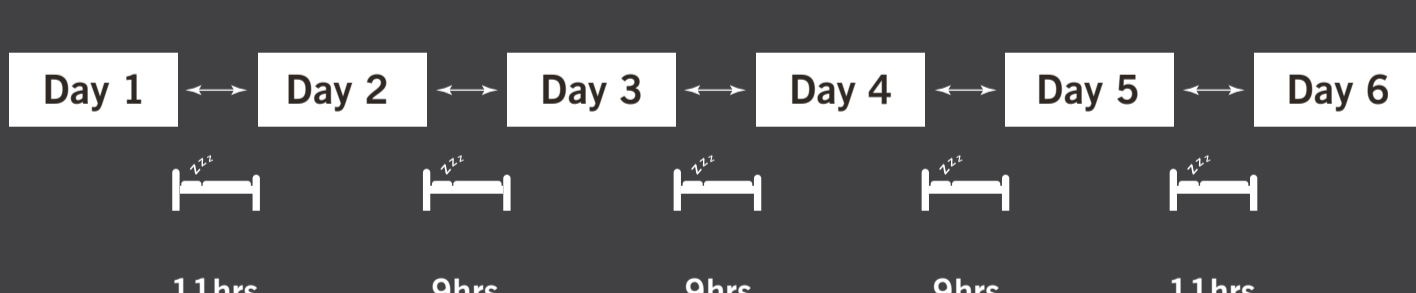
Or

Reduced daily rest

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

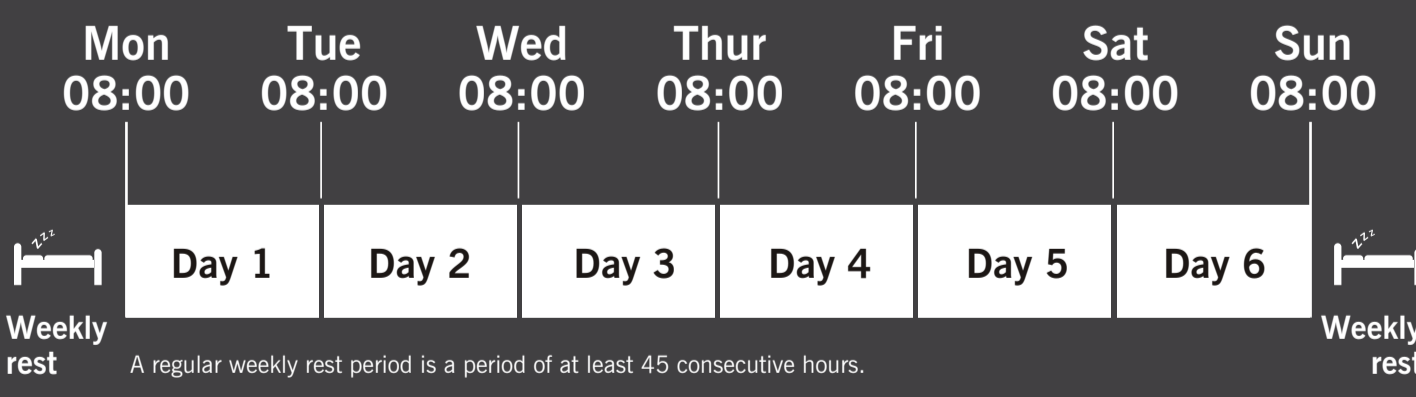


This can be done no more than three times between any two weekly rest periods.

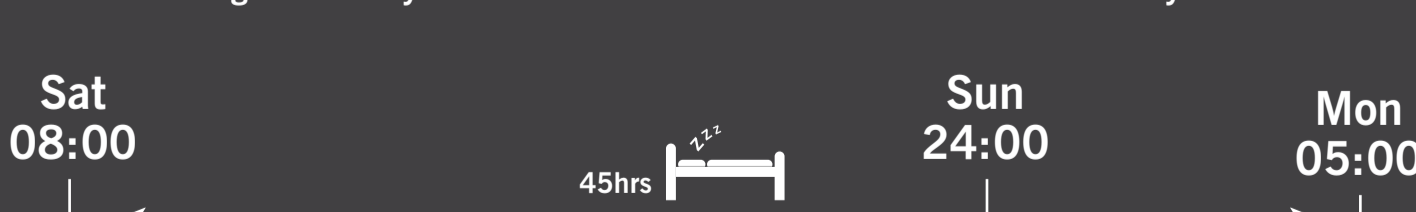
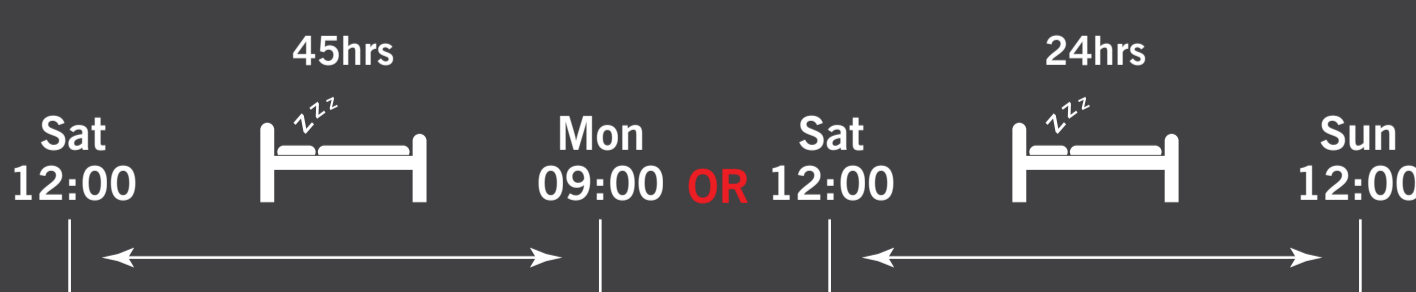


Weekly Rest

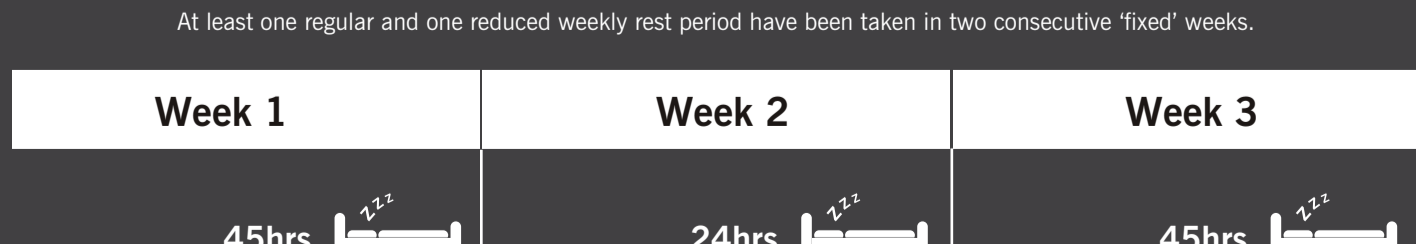
A driver must start a weekly rest period no later than at the end of six consecutive 24-hour periods from the end of the last weekly rest period.



A regular weekly rest period is a period of at least 45 consecutive hours.



At least one regular and one reduced weekly rest period have been taken in two consecutive 'fixed' weeks.



Source: Driver & Vehicle Standards Agency