

Summary of working time and rest period rules for drivers employed by goods transport undertakings

Maximum number of hours of service per day	12 hours.
Maximum number of hours of work per day for night work	10 hours for a night worker or an employee performing part of his/her work between the hours of midnight and 5 am in a 24 hour period.
Maximum number of hours of service per week	- 56 hours in a single week and 48 hours on average over three months (for long-distance drivers). - 52 hours in a single week and 48 hours on average over three months (for other workers).
Daily rest period	- Drivers subject to European regulations governing driving time and rest time: 11 hours, with the option for 3 reduced rest periods of 9 hours per week. - Other drivers: 10 consecutive hours in any 24 hour period.
Weekly rest period	- Drivers subject to European regulations governing driving time and rest time: 45 hours – option for a reduced rest period of 24 hours in 2 consecutive weeks, provided that this is compensated before the end of the third week. Other drivers: 48 hours, in successive rest periods of equal or unequal length, subject to a minimum of 35 hours at home and 24 hours away from home.
Breaks	- 30 minutes for drivers working between 6 and 9 hours per day - 45 minutes for drivers working more than 9 hours per day - option to divide the breaks into smaller periods of at least 15 minutes each.