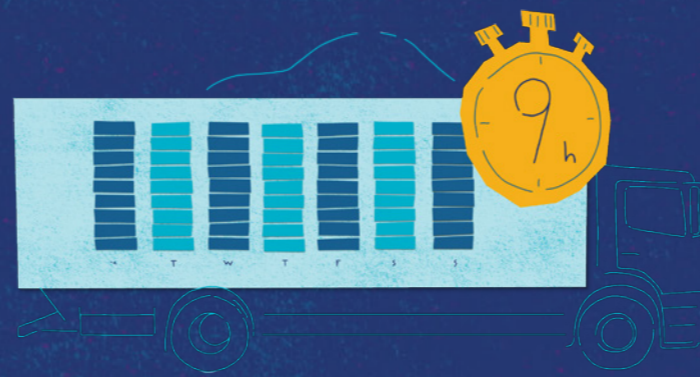


# Driving and Resting Time Rules

Ensuring fair competition and improving working conditions for the drivers

## Breaks and resting time are mandatory:

- The regular weekly rest period of at least 45 hours cannot be spent in the cabin of the vehicle
- The weekly rest must be taken no later than 6x24 hour periods from the end of the previous weekly rest period
- The regular daily rest period should be at least 11 hours
- For every 4,5 hours of driving, at least one 45 minutes break needs to be taken (*this can be split in 2: the first one must be at least 15 minutes, the second at least 30 minutes*)
- The employer must enable the driver to return to the employment base or their place of residence every 3 or 4 weeks



## Drivers operating in the EU must comply with:

- Maximum driving time per day should not exceed 9 hours (*only twice a week it can be extended to 10 hours*)
- Maximum driving time per week should not exceed 56 hours and 90 hours over a two-week period

