

DAILY WORK AND REST HOURS PLANNER - STANDARD HOURS (SOLO DRIVERS)

START TIME:	5:00	5:15	5:30	5:45	6:00	6:15	6:30	6:45	7:00	7:15	7:30	7:45	8:00
TAKE A 15 MINUTE BREAK BEFORE	10:30	10:45	11:00	11:15	11:30	11:45	12:00	12:15	12:30	12:45	13:00	13:15	13:30
TAKE A 15 MINUTE BREAK BEFORE	13:00	13:15	13:30	13:45	14:00	14:15	14:30	14:45	15:00	15:15	15:30	15:45	16:00
TAKE A 30 MINUTE BREAK BEFORE	16:00	16:15	16:30	16:45	17:00	17:15	17:30	17:45	18:00	18:15	18:30	18:45	19:00

EXAMPLE:

If you start at 6am you MUST take a 15 minute break before 5.5 hours has past (latest 11.30am) AFTER that break you MUST take **another** 15 minute break within the next 2.5 hours (latest 2pm), AFTER this break you MUST take a **30 minute** break within the next 2.5 hours(latest 4pm). **NOTE: A Lunch break is counted as a HVDF break!**

Here are some samples of a correct timesheet and a incorrect timesheet:

Correct:				
Start	Break:	Break:	Break:	Finish:
6:00am	11:15am	1:45pm	4.30pm	6:00pm
	11:30pm	2:00pm	5.00pm	

Incorrect:				
Start	Break:	Break:	Break:	Finish:
6:00am	9:00am	4:15pm		6:00pm
	9:15am	4:30pm		

STANDRRAD WORK/REST HOURS:		
IN ANY PERIOD OF:	A DRIVER MUST NOT WORK FOR MORE THAN A MAXIMUM OF:	AND MUST HAVE THE REST OF THAT PERIOD OF WORK WITH A LEAST A MINIMUM REST BREAK OF:
5 1/2 HOURS	5 1/4 Hours work time	15 minutes continuous rest time
8 HOURS	7 1/2 Hours work time	30 minutes rest time in blocks of 15 continous minutes
11 HOURS	10 Hours work time	60 minutes rest time in blocks of 15 continous minutes
24 HOURS	12 Hour works time	7 continuous hours of stationary time
7 DAYS	72 Hours work time	24 continuous hours of stationary time
14 DAYS	144 Hours work time	2 night rest breaks & 2 night rest breaks taken on consecutive days

If there is anything you are unsure about, please contact Quality Staff on 08 8338 4888 or more Information can also be found below. *** Please note Quality Staff ask you to adhere not only to NHVR but to The Road Ransport Award 2010 regarding breaks.

Reference Websites: <https://www.nhvr.gov.au/safety-accreditation-compliance/fatigue-management/work-and-rest-requirements/standard-hours>

<https://www.legislation.nsw.gov.au/#/view/regulation/2013/245a> OR Phone NHVR Direct on 1300 MYNHVR (1300 696 487)

REMEMBER: This is legislation and is a legal requirement. Failure to adhere to these regulations can incure fines and loss of demerit points.

BE SAFE NOT SORRY.

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IF YOU START AT:	6:00	6:15	6:30	6:45	7:00	7:15	7:30	7:45	8:00	8:15	8:30	8:45
You must take at least a 15 minute break BEFORE:	11:30	11:45	12:00	12:15	12:30	12:45	13:00	13:15	13:30	13:45	14:00	14:15
AND at least another 15 minute break BEFORE:	14:00	14:15	14:30	14:45	15:00	15:15	15:30	15:45	16:00	16:15	16:30	16:45
AND at least another 30 minute break BEFORE:	17:00	17:15	17:30	17:45	18:00	18:15	18:30	18:45	19:00	19:15	19:30	19:45
IF YOU START AT:	9:00	9:15	9:30	9:45	10:00	10:15	10:30	10:45	11:00	11:15	11:30	11:45
You must take at least a 15 minute break BEFORE:	14:30	14:45	15:00	15:15	15:30	15:45	16:00	16:15	16:30	16:45	17:00	17:15
AND at least another 15 minute break BEFORE:	17:00	17:15	17:30	17:45	18:00	18:15	18:30	18:45	19:00	19:15	19:30	19:45
AND at least another 30 minute break BEFORE:	20:00	20:15	20:30	20:45	21:00	21:15	21:30	21:45	22:00	22:15	22:30	22:45
IF YOU START AT:	12:00	12:15	12:30	12:45	13:00	13:15	13:30	13:45	14:00	14:15	14:30	14:45
You must take at least a 15 minute break BEFORE:	17:30	17:45	18:00	18:15	18:30	18:45	19:00	19:15	19:30	19:45	20:00	20:15
AND at least another 15 minute break BEFORE:	20:00	20:15	20:30	20:45	21:00	21:15	21:30	21:45	22:00	22:15	22:30	22:45
AND at least another 30 minute break BEFORE:	23:00	23:15	23:30	23:45	0:00	0:15	0:30	0:45	1:00	1:15	1:30	1:45
IF YOU START AT:	15:00	15:15	15:30	15:45	16:00	16:15	16:30	16:45	17:00	17:15	17:30	17:45
You must take at least a 15 minute break BEFORE:	20:30	20:45	21:00	21:15	21:30	21:45	22:00	22:15	22:30	22:45	23:00	23:15
AND at least another 15 minute break BEFORE:	23:00	23:15	23:30	23:45	0:00	0:15	0:30	0:45	1:00	1:15	1:30	1:45
AND at least another 30 minute break BEFORE:	2:00	2:15	2:30	2:45	3:00	3:15	3:30	3:45	4:00	4:15	4:30	4:45
IF YOU START AT:	18:00	18:15	18:30	18:45	19:00	19:15	19:30	19:45	20:00	20:15	20:30	20:45
You must take at least a 15 minute break BEFORE:	23:30	23:45	0:00	0:15	0:30	0:45	1:00	1:15	1:30	1:45	2:00	2:15
AND at least another 15 minute break BEFORE:	2:00	2:15	2:30	2:45	3:00	3:15	3:30	3:45	4:00	4:15	4:30	4:45
AND at least another 30 minute break BEFORE:	5:00	5:15	5:30	5:45	6:00	6:15	6:30	6:45	7:00	7:15	7:30	7:45
IF YOU START AT:	21:00	21:15	21:30	21:45	22:00	22:15	22:30	22:45	23:00	23:15	23:30	23:45
You must take at least a 15 minute break BEFORE:	2:30	2:45	3:00	3:15	3:30	3:45	4:00	4:15	4:30	4:45	5:00	5:15
AND at least another 15 minute break BEFORE:	5:00	5:15	5:30	5:45	6:00	6:15	6:30	6:45	7:00	7:15	7:30	7:45
AND at least another 30 minute break BEFORE:	8:00	8:15	8:30	8:45	9:00	9:15	9:30	9:45	10:00	10:15	10:30	10:45
IF YOU START AT:	0:00	0:15	0:30	0:45	1:00	1:15	1:30	1:45	2:00	2:15	2:30	2:45
You must take at least a 15 minute break BEFORE:	5:30	5:45	6:00	6:15	6:30	6:45	7:00	7:15	7:30	7:45	8:00	8:15
AND at least another 15 minute break BEFORE:	8:00	8:15	8:30	8:45	9:00	9:15	9:30	9:45	10:00	10:15	10:30	10:45
AND at least another 30 minute break BEFORE:	11:00	11:15	11:30	11:45	12:00	12:15	12:30	12:45	13:00	13:15	13:30	13:45
IF YOU START AT:	3:00	3:15	3:30	3:45	4:00	4:15	4:30	4:45	5:00	5:15	5:30	5:45
You must take at least a 15 minute break BEFORE:	8:30	8:45	9:00	9:15	9:30	9:45	10:00	10:15	10:30	10:45	11:00	11:15
AND at least another 15 minute break BEFORE:	11:00	11:15	11:30	11:45	12:00	12:15	12:30	12:45	13:00	13:15	13:30	13:45
AND at least another 30 minute break BEFORE:	14:00	14:15	14:30	14:45	15:00	15:15	15:30	15:45	16:00	16:15	16:30	16:45