

It's about people

LEGAL RULES DRIVING TIMES

What is legally regulated for driving times and rest periods in road transport?

If you work as a truck driver or a coach bus, a maximum applies to the daily, weekly and bi-weekly driving time. You also need to take daily and weekly rest. During this period, you may not work or be available.

Maximum continuous driving time

Not only for the total driving time is a maximum, but also for the continuous driving time. Continuous driving time is the total time between 2 breaks in. Or between a rest time and a break in.

These rules apply to the maximum continuous driving time:

- The maximum continuous driving time must not exceed 4.5 hours.
- After 4.5 hours of driving time, you must take a 45-minute break.
- A double-manned truck or bus does not have to stand still for 45 minutes after every 4.5 hours. Only a stop is needed to change drivers (and to change the driver's card or the registration sheet).

Not only driving is work, but also other work, such as loading and unloading.

If you have more than 6 hours in a row (continuous) work, you must also take a break:

- Do you work continuously in a day between 6 and 9 hours? Then you have to take at least 30 minutes of break.
- Do you work continuously for more than 9 hours? Then you have to take at least 45 minutes of break.
- These breaks can also be taken in 15-minute pieces.

Maximum total driving time

There are rules for the maximum driving time. This is the time you are driving the truck or bus. Driving means: the rolling of the wheels.

As a driver, you may:

- drive up to 2 times a week 10 hours a day (and on other working days in the same week up to 9 hours per day).
- A maximum of 56 hours weekly.
- maximum 90 hours per 2 weeks. This applies to week 1 and 2. But also for week 2 and 3, and so on.

Source:
<https://www.rijksoverheid.nl/onderwerpen/werktijden/vraag-en-antwoord/rijtijden-en-rusttijden-wegvervoer>

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Minimum rest periods

As a truck driver or a coach bus, you must take daily and weekly rest. Daily rest is the period in which you are not allowed to work. You may not be available either. The daily rest time is a period for which you can freely have your time and have no obligations towards your employer.

These rules apply to daily rest:

- The daily rest must be at least 11 hours in a row.
- Between 2 sufficient weekly rest periods, you can shorten the daily rest time 3 times to 9 hours. You don't need to catch up with this shortening at any other time.
- You may also take the daily rest in 2 parts. The first part must be at least 3 hours. The second part must be at least 9 hours. The other way around (first 9 hours and then 3 hours) is not allowed. Daily rest in 2 sharing counts as a normal daily rest time.
- Within 24 hours of the end of the previous rest time (daily rest or weekly rest) the new daily rest period have ended. So if you finish your weekly rest on Monday morning at 8:00 AM, then your next rest must be finished before 8.00 am on Tuesday. For 2 drivers, a 30-hour period applies.

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