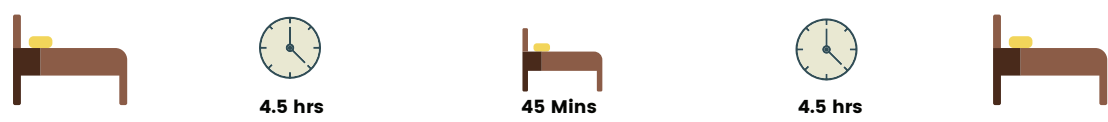


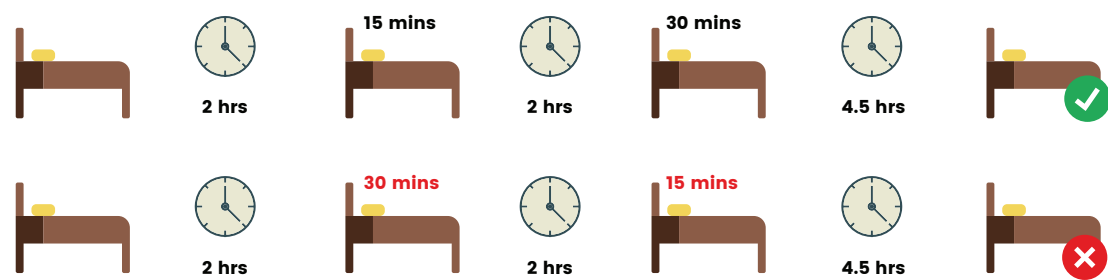
Staying Legal: HGV Driver working hours

KEYS :  DRIVING  REST  OTHER WORK

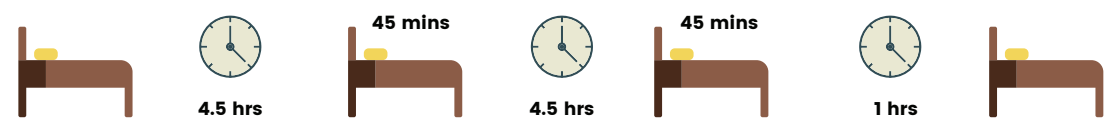
DRIVING LIMITS AND BREAKS FROM DRIVING



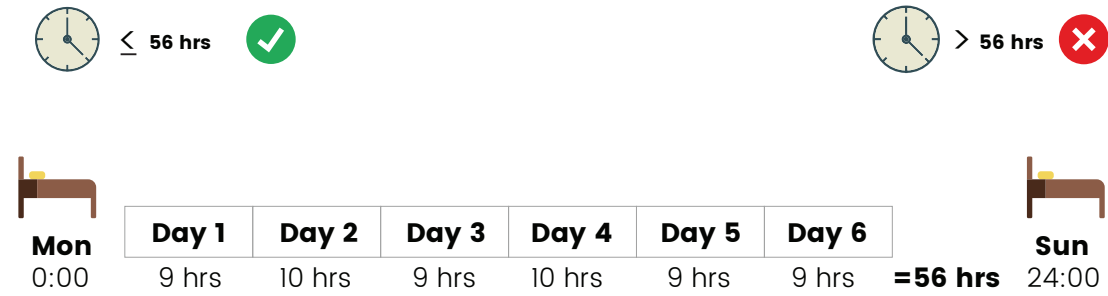
SPLIT BREAKS



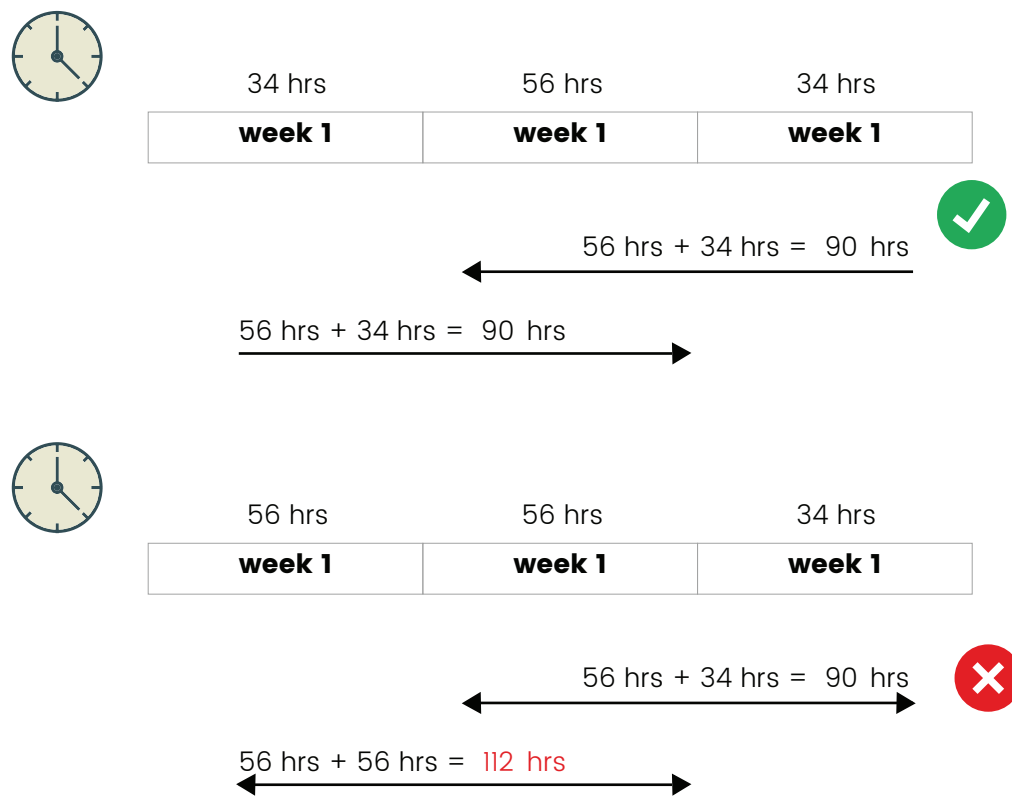
2 X PER WEEK MAXIMUM = 10 HRS



1 WEEK FIXED

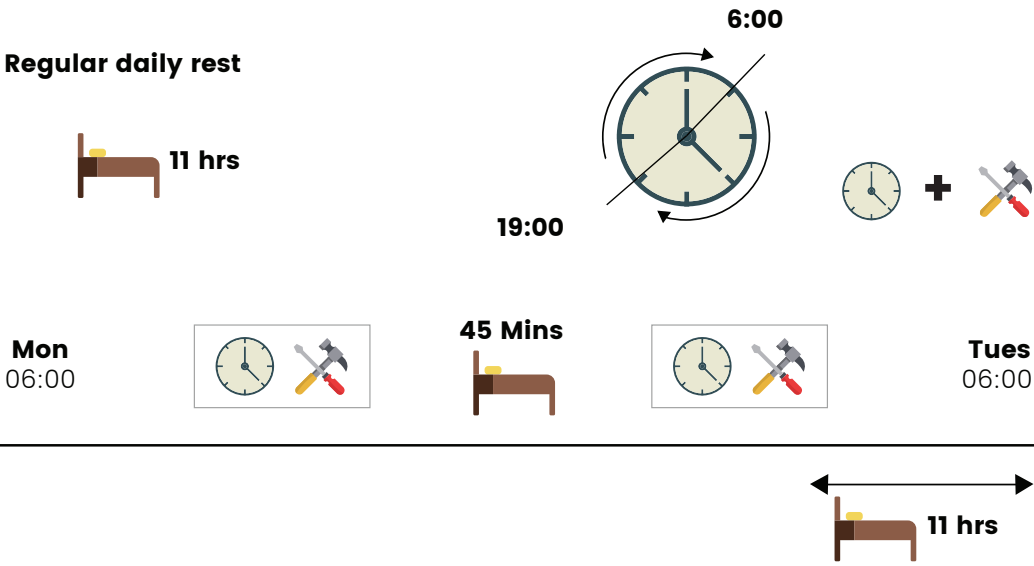


2 WEEKS



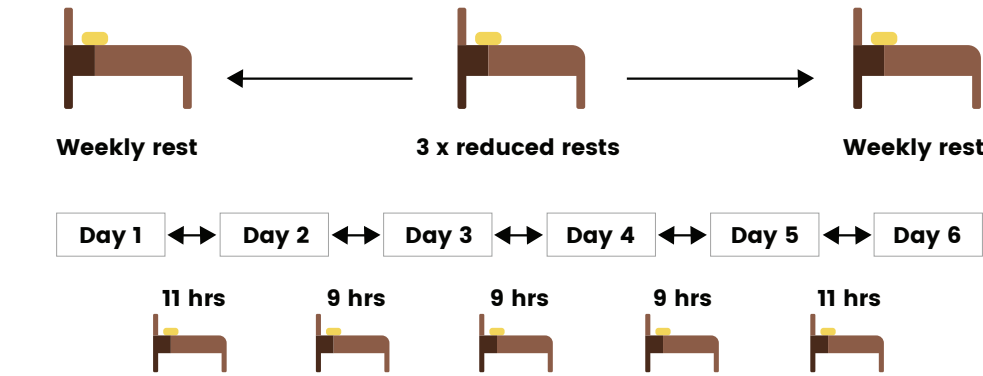
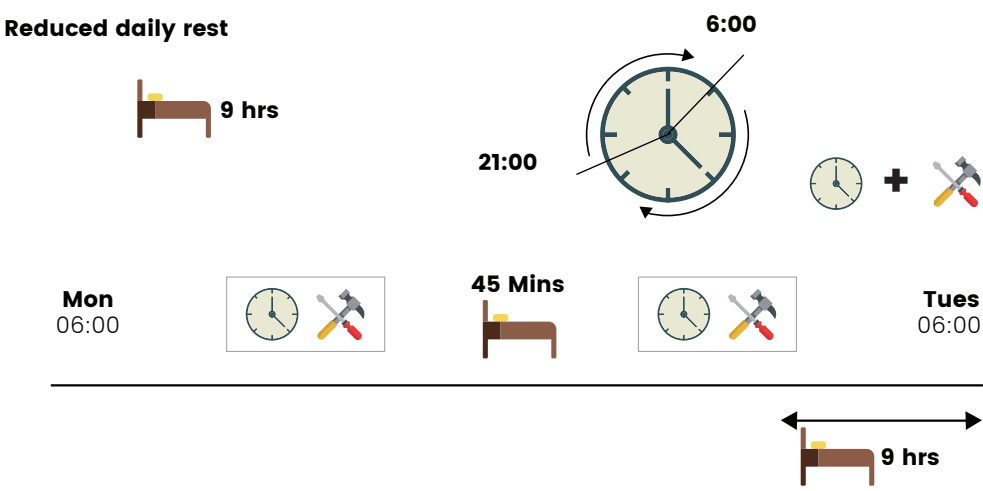
DAILY REST

Regular daily rest

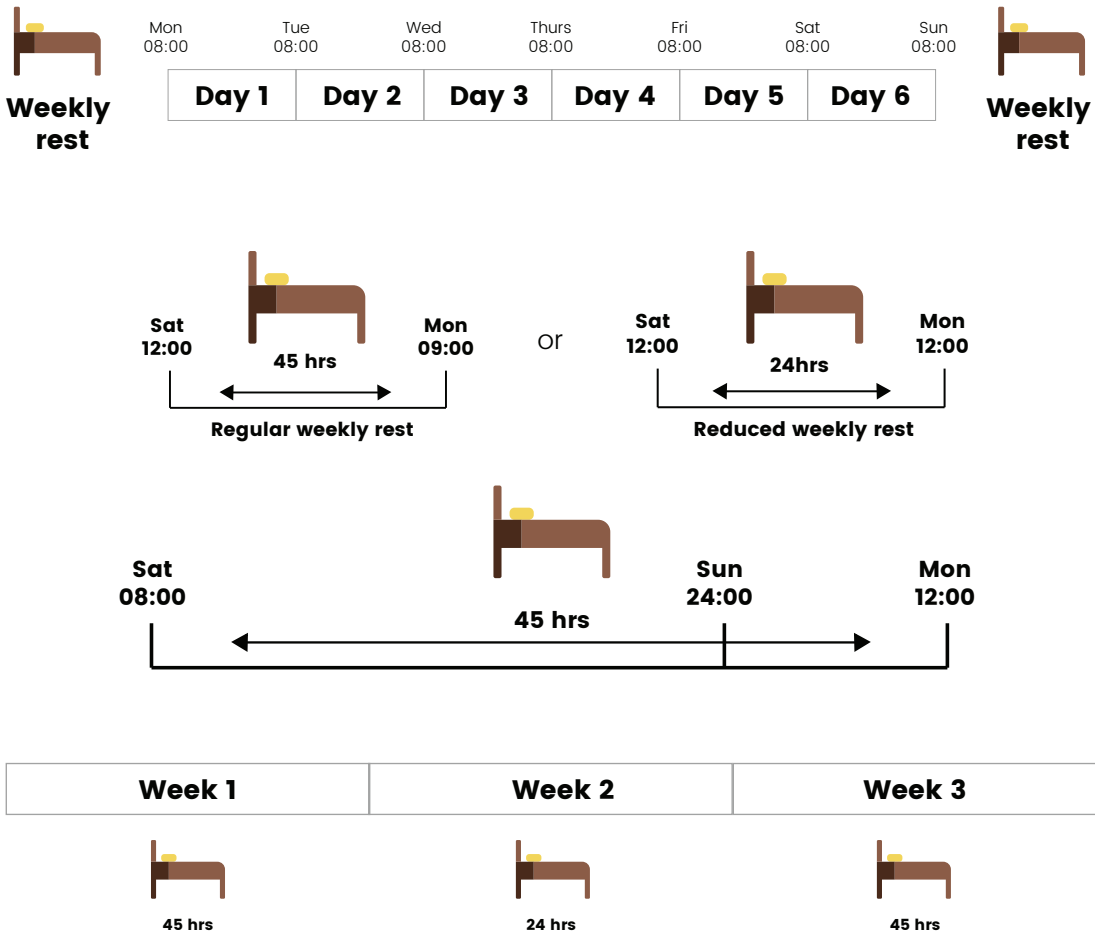


OR

Reduced daily rest



WEEKLY REST



DRIVING LIMITS

This leaflet aims to provide you, the professional driver, with the basic information you need to comply and stay legal. It contains information on driver's hours, the condition of your vehicles and your responsibilities as a driver.

The full guidance can be found at:

www.gov.uk

Contact us: www.hgvtraining.co.uk

Email: info@hgvtraining.co.uk

Customer service: 03300 880 000

Monday to Friday – 9am until 6pm