



# Guide to EU Rules

ON DRIVERS' HOURS

REGULATION (EC) NO. 561/2006

Údarás Um Shábháilteacht Ar Bhóithre  
Road Safety Authority

# DRUNK WITH TIREDNESSZZZZ?

**Fighting sleep at the wheel  
is as dangerous as driving  
over the legal alcohol limit**

***TO KEEP DRIVING  
FOR ANOTHER HOUR:***

- 1. Find a safe place to park***
- 2. Take 2 cups of strong coffee***
- 3. Take a nap for no more than  
15 mins - then stretch your legs***



**DRIVER** FATIGUE  
**WAKE UP TO IT!**

# European Union Rules on Drivers' Hours

## What do the rules cover?

The rules cover drivers' hours, breaks and rest periods. They came into effect on 11 April 2007.

## Who do they apply to?

They apply to all journeys or parts of journeys on roads open to the public by:

- goods-carrying vehicles where the permissible mass of the vehicle, including any trailer or semi-trailer, is greater than 3.5 tonnes; or
- passenger-carrying vehicles that are built or adapted to carry more than nine people, including the driver.

The rules apply whether or not the vehicles are laden (loaded).

Visit [www.rsa.ie](http://www.rsa.ie) to find information about exemptions and national derogations from the rules or to download Regulation (EC) No. 561/2006.

## In which countries do the rules apply?

The rules apply on journeys within the European Union or between Member States and Switzerland, Iceland, Norway and Liechtenstein.

Drivers on journeys between signatories to the AETR agreement (about the work of crews of vehicles engaged in international road transport) will continue to follow the rules in that agreement until the AETR and EU rules are aligned.

Journeys to or through the AETR countries are subject to the AETR rules. Further information on the AETR rules is available from the Road Safety Authority.

## Map of EU, AETR and EEA countries

### EU Countries

Austria  
Belgium  
Bulgaria  
Cyprus  
Czech Republic  
Denmark  
Estonia  
Finland  
France  
Germany  
Greece  
Hungary  
Ireland  
Italy  
Latvia  
Lithuania  
Luxembourg  
Malta  
Netherlands  
Poland  
Portugal  
Romania  
Slovakia  
Slovenia  
Spain  
Sweden  
UK

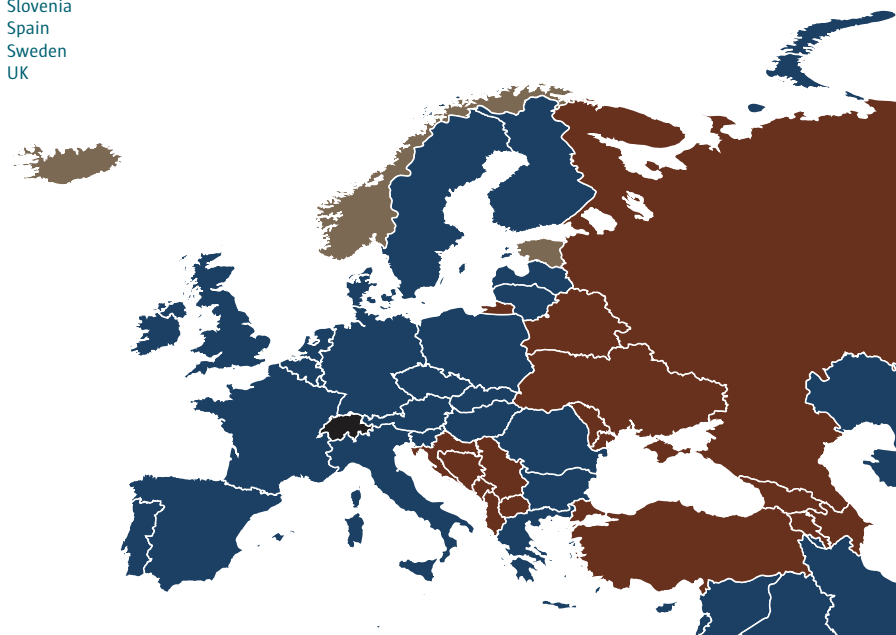
### AETR Countries

Albania  
Andorra  
Armenia  
Azerbaijan  
Belarus  
Bosnia and Herzegovina  
Croatia  
Kazakhstan  
Liechtenstein  
Macedonia  
Moldova  
Russia  
Serbia and Montenegro  
Turkey  
Turkmenistan  
Ukraine  
Uzbekistan

### EEA Countries

All the EU Countries plus  
Iceland  
Liechtenstein  
Norway

*Reminder:  
Switzerland is not a  
member of the EU.*



# Driver breaks



## How long can I drive without a break?

The longest period you can drive without a break is 4.5 hours.

## How long must I take for a break?

You must take a 45-minute break. This may be either:

- an uninterrupted break of 45 minutes; or
- a 15-minute initial break followed by a later 30-minute break during the 4.5 hour driving limit.

During the break, you must not drive or do any other work. The break must be spent exclusively on resting.

## How long may I drive each day?

The maximum time you may drive each day is nine hours. This may be extended to 10 hours no more than twice during a week. Driving time includes any off-road parts of the journey where the rest of the journey is made on a public road. Journeys taking place entirely off-road would be considered “other work”.

## Daily driving

### Example 1

Driving	Break	Driving
4.5 hours	45 minutes (minimum)	4.5 hours

### Example 2

Driving	Break	Driving	Break	Driving
1 hour	45 minutes	4.5 hours	45 minutes	3.5 hours

## Extended driving – 10 hours (twice weekly maximum)

### Example 1

Driving	Break	Driving	Break	Driving
4.5 hours	45 minutes	4.5 hours	45 minutes	1 hour

### Example 2

Driving	Break	Driving	Break	Driving
2 hours	45 minutes	4.5 hours	45 minutes	3.5 hours

## How long may I drive each week?

The maximum time you may drive each week is 56 hours. However, you must not drive more than 90 hours in any two consecutive weeks.

Sun	Weekly rest period
Mon	10 hours driving
Tues	9 hours driving
Wed	10 hours driving
Thurs	9 hours driving
Fri	9 hours driving
Sat	9 hours driving
Sun	Weekly rest period
<b>Total driving</b>	<b>56 hours</b>

Using the example above, the driver could keep to the 90-hour driving limit in two consecutive weeks by driving for 34 hours in the previous week and the following week after taking the required weekly rest periods.



# Rest times



## How much rest time must I take each day?

As a driver you must take a daily rest period of 11 hours in the first 24 hours after the end of your last daily or weekly rest period. You may take this as:

- an uninterrupted period of 11 hours; or
- split rest in two periods – an uninterrupted period of at least three hours and a second uninterrupted period of at least nine hours. If you take this option, the total daily rest is 12 hours.

As a driver you may opt to take a reduced daily rest period of at least nine hours but less than 11 hours. You may only take a maximum of three reduced daily rest periods between any two weekly rest periods.





## How much rest time must I take each week?

Rest time is time that you can use as you like. It may be either:

- a regular weekly rest period of at least 45 hours; or
- a reduced weekly rest period of between 24 and 45 hours.

In any two consecutive weeks, you must take either:

- two regular weekly rest periods; or
- one regular rest period and a reduced weekly rest period.

If you take a reduced weekly rest period, you must be compensated for the remaining hours. This compensation period must be:

- taken **before** the end of the third week after the week you take the reduced rest period; and
- attached to another rest period of at least nine hours. This means that you can add the compensating rest to either a weekly or a daily rest period.

### Example

Week 1	Week 2	Week 3	Week 4
35 hours weekly rest (reduced weekly rest period)	45 hours (regular rest period)	45 hours	45 hours + compensation of 10 hours from week 1

## When does my weekly rest period start?

Your weekly rest period must start no later than six days after your previous weekly rest period. For example, if you finish your weekly rest period at 08.00 on Monday, your next weekly rest period would begin by 08.00 on the following Sunday.

## Can I take my weekly rest period in the vehicle?

You may not take regular weekly rest periods in a vehicle. You may, however, take daily rest periods and reduced weekly rest periods away from base in a vehicle. The vehicle must be stationary during the rest periods and must be fitted with suitable sleeping facilities for you and any other driver.

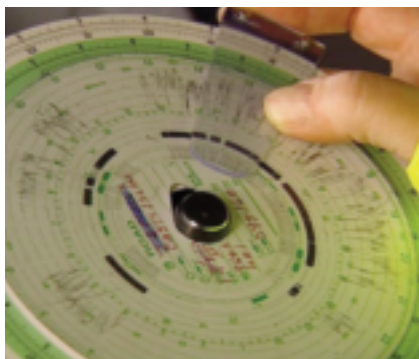
## What if my journey involves vehicle transport by ferry or train?

In these cases, the daily rest requirements may be interrupted no more than twice to allow you to drive the vehicle on and off a ferry or train, provided that:

- the total interruption does not exceed one hour;
- you have access to a bunk or couchette during the rest period; and
- the total rest period is still 11 hours.

The interruptions may only apply to regular rest periods. A reduced daily rest period cannot be interrupted.

You may treat time spent accompanying a vehicle on a ferry or train as a break period if the time is not daily rest.



## What if the journey involves two or more drivers?

Each driver must obey the rules for continuous driving, breaks and total daily driving. However, the rules for the daily rest period differ, as follows:

- each driver must take a daily rest of at least nine hours within 30 hours of the end of their previous daily or weekly rest period; and
- there must be two drivers in the vehicle (this rule does not apply to the first hour of multi-manning).

Driver 1	TIME	Driver 2
Daily rest	30 hour period	Daily rest
Other work 1 hour	08:00 – 09:00	Daily rest (not on vehicle) 1 hour
Driving 4.5 hours	09:00 – 13:30	Availability 4.5 hours
Break + availability 4.5 hours	13:30 – 18:00	Driving 4.5 hours
Driving 4.5 hours	18:00 – 22:30	Break + availability 4.5 hours
Break + availability 4.5 hours	22:30 – 03:00	Driving 4.5 hours
Driving 1 hour	03:00 – 04:00	Break 1 hour
Break 1 hour	04:00 – 05:00	Driving 1 hour
Daily rest (9 hours)	05:00 – 14:00	Daily rest (9 hours)
10 hours	Total driving	10 hours

# Tachographs



## What driver details must be recorded on the centrefield of analogue tachograph charts?

Record sheets must contain:

- your first name and surname;
- the date and place where the use of the sheet begins and ends;
- the registration number of each vehicle to which you are assigned at the start of the first journey and, if you change vehicle, during use of the sheet;
- the time of any change of vehicle;
- the odometer reading:
  - at the start of the first journey;
  - at the end of the last journey;
- odometer readings for each vehicle must be recorded if the driver changed vehicles during the working day.

## What tachograph records must be available?

If the vehicle has an **analogue tachograph**, you must be able to produce:

- the record sheets for the current day and the previous 28 calendar days;
- any manual record and printout made during the current day and the previous 28 calendar days; and
- your digital tachograph card (if you hold one).

If the vehicle has a **digital tachograph**, you must be able to produce:

- your digital tachograph driver card;
- any manual record and printout made during the current day and previous 28 calendar days; and
- your record sheets for any vehicle fitted with an analogue tachograph that you drove within the previous 28 calendar days.



## Information note for drivers or operators of buses and goods vehicles

In Ireland and other jurisdictions covered by the EU rules on drivers' hours, you must account for any gaps in driving time records that arise from sick leave, annual leave or periods spent driving a vehicle that is not covered by Regulation No. 561/2006.

You can account for the gaps using a 'form of attestation', which is recognised in all EU Member States. You must fill in the form before starting a journey after the gap in records. All fields in the form must be filled in by typing. The form must be signed by the truck/bus operator and driver. For self-employed drivers, the driver signs once as the company representative and once as the driver. The form may not be pre-signed nor may it be changed by handwriting statements. The form may be printed on paper containing the company logo and contact details. You can download the form from the RSA website [www.rsa.ie](http://www.rsa.ie). A copy of this form can be seen on page 12.

### *Further information*

If you need further information on drivers' hours rules or tachographs, contact the Road Safety Authority on (091) 872 600. This guide provides general information on the rules. A more detailed version is available from the Road Safety Authority.

**ATTESTATION OF ACTIVITIES UNDER  
REGULATION (EC) NO 561/2006  
OR  
THE EUROPEAN AGREEMENT CONCERNING THE WORK OF CREWS OF  
VEHICLES ENGAGED IN INTERNATIONAL ROAD TRANSPORT (AETR) (\*)**

*To be filled in by typing and signed before a journey  
To be kept with the original tachograph records wherever they are required to be kept  
False attestations constitute an infringement*

1. Name of the undertaking: \_\_\_\_\_
2. Street address, Postal code, City, Country: \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_
3. Telephone number (including international prefix): \_\_\_\_\_
4. Fax number (including international prefix): \_\_\_\_\_
5. E-mail address: \_\_\_\_\_

I, the undersigned

6. Name: \_\_\_\_\_
7. Position in the undertaking: \_\_\_\_\_

declare that the driver

8. Name: \_\_\_\_\_
9. Date of birth: \_\_\_\_\_
10. Driving licence number or Identity card number or Passport number: \_\_\_\_\_

for the period

11. from (time-day-month-year) \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_
12. to (time-day-month-year) \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_

13. ☐ was on sick leave (\*\*)
14. ☐ was on annual leave (\*\*)
15. ☐ drove a vehicle exempted from the scope of Regulation (EC) No 561/2006 or AETR (\*\*)

16. For the undertaking, place \_\_\_\_\_ date \_\_\_\_\_ signature \_\_\_\_\_

17. I, the driver, confirm that I have not been driving a vehicle falling under the scope of Regulation (EC) No. 561/2006 or AETR during the period mentioned above.

18. Place \_\_\_\_\_ date \_\_\_\_\_ Signature of the driver \_\_\_\_\_

(\*) This form is available in an electronic and printable version on the Internet at [ec.europa.eu](http://ec.europa.eu).

(\*\*) Only one of the boxes 13, 14 or 15 may be chosen.



***THE FASTER THE SPEED  
THE BIGGER THE MESS***



***SPEEDSHAME***



# Working To Save Lives



## Údarás Um Shábháilteacht Ar Bhóithre Road Safety Authority

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(Regulation (EC) No. 561/2006)