

# SELOR TRANSPORT

## Basic Driving hours

Driving hours:

The main EU rules on driving hours are:

- you must not drive more than 9 hours in a day - this can be extended to 10 hours twice a week
- you must not drive more than 56 hours in a week
- you must not drive more than 90 hours in any 2 consecutive weeks

All driving you do under EU rules must be recorded on a tachograph.

Breaks and rest

The main points of EU rules on breaks and rest are:

- you must take at least 11 hours rest every day - you can reduce this to 9 hours rest 3 times in a week
- you must take an unbroken break of 45 hours every week - you can reduce this to 24 hours every other week
- you must take your weekly rest after 6 days of working - coach drivers on an international trip can take their weekly rest after 12 days
- you must take a break or breaks totalling at least 45 minutes after no more than 4.5 hours driving

