UK Drivers' Hours Quick Card (goods vehicles, assimilated rules)

The driving, break and rest limits from DVSA's guide "Drivers' hours and tachographs: goods vehicles" (GV262), on one page. The Road Transport (Working Time) Regulations 2005 apply on top.

Limit	Rule
Break	After no more than 4.5 hours of driving, a break of at least 45 minutes, or a 15-minute break followed by a 30-minute break within the 4.5 hours. Breaks under 15 minutes do not count
Daily driving	Maximum 9 hours; may be increased to 10 hours twice in a fixed week
Weekly driving	Maximum 56 hours in a fixed week (Monday 00:00 to Sunday 24:00)
Two-weekly driving	Maximum 90 hours in any two consecutive fixed weeks
Daily rest	At least 11 continuous hours within each 24-hour period after the previous daily or weekly rest. May be split 3 hours + 9 hours. May be reduced to 9 hours no more than three times between two weekly rests (no compensation needed)
Weekly rest	Start no later than the end of six consecutive 24-hour periods from the last weekly rest. Regular weekly rest: at least 45 hours. Reduced: at least 24 but under 45 hours, compensated in one block before the end of the third week following
Two-week pattern	In any two consecutive fixed weeks: two regular weekly rests, or one regular and one reduced
Multi-manning	Each driver: at least 9 consecutive hours of daily rest within 30 hours of the end of the last daily or weekly rest

Tachograph modes

- ☐ Driving is recorded automatically when the vehicle moves
- ☐ Other work: any work that is not driving, including loading and checks
- ☐ Periods of availability (POA): waiting time of known duration when you are not required to stay at the workstation
- ☐ Break or rest: no work at all; may be taken in a moving vehicle if no other work is done
- ☐ Manual entries for work done away from the vehicle since the card was last removed

Every day

- ☐ Card inserted before moving off; mode switch set correctly all day
- ☐ Any driving under the assimilated rules brings the whole day in scope
- ☐ Carry the driver card and records for the current day and the previous 28 days

Daily self-check

- ☐ Daily rest before this shift: 11 h (or a permitted 9 h / 3+9 h)
- ☐ Driving since last 45-minute break _____ of 4.5 h
- ☐ Driving today _____ of 9 h (10 h used ____ of 2 this week)
- ☐ Driving this week _____ of 56 h; this fortnight _____ of 90 h
- ☐ 24-hour periods since last weekly rest _____ of 6

Example. Driving 06:00 to 10:30 (4.5 h), break 10:30 to 11:15, driving 11:15 to 15:45 (9 h total). A 10-hour driving day is allowed twice in the fixed week; other days stay at 9 h.

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