

What is work time and rest time?

Work time

Work time includes all tasks to do with the operation of the [fatigue-regulated heavy vehicle](#) such as:

- driving
- sitting in the driver's seat with the engine on
- waiting in a line of vehicles to load or unload
- loading and unloading the vehicle performing marketing tasks in relation to the use of the vehicle
- inspecting, servicing or repair work
- attending to the load or to passengers (on a bus)
- cleaning or refuelling the vehicle
- instructing or supervising another person (for example, a trainee learning to drive a heavy vehicle, navigate a new route or make deliveries)
- recording information or completing a document (for example your work diary).

It doesn't matter if any of these tasks occur on private property or on a road or road-related area, they are still classified as work.

Rest time

Any time that is not work time.

Rules for counting time

This information will help you understand how to count work and rest hours in different periods of time.

The legislation requires that:

- time periods are always counted forward from the end of a rest break (in other words, from the start of work time)
- time periods of 24 hours or longer must be counted forward from the end of a *relevant major rest break*.

Less than 24 hours

Work periods of less than 24 hours must be counted forward from the end of any period of rest time.

For example, it is an offence for a solo driver operating under standard hours to work more than 7 hours and 30 minutes during an 8-hour shift.

24 hours and more

Periods of 24 hours or more must be counted forward from the end of a *relevant major rest break* (the longest continuous rest break required for your hours option).

For example, you must start counting 24-hour periods from:

- Standard Hours solo - the end of a rest break of 7 or more continuous hours.
- Standard Hours two-up - the end of a rest break of 5 or more continuous hours.
- Basic Fatigue Management (BFM) solo - the end of a rest break of 7 or more continuous hours (or at the end of a rest break of 6 continuous hours if a *split rest break* has been taken).
- Basic Fatigue Management (BFM) two-up - 24-hour periods can be counted forward from the end of any rest break because this option does not require a *major rest break* in a 24-hour period.
- Advanced Fatigue Management (AFM) - the end of a rest period defined as the *relevant major rest break* on the AFM certificate.

Important note:

You must count work and rest time for the whole 24-hour period following the end of a relevant major rest break. If you take another (subsequent) relevant major rest break during that 24-hour period, it does not reset the 24-hour period and you must continue counting work time for that 24-hour period after the break. You must count all work time before and after the subsequent relevant major rest break in that 24-hour period.

For example, if you started working at 6:00am and:

- worked 5¼ hrs (6:00am-11:15am) and then took a 15-minute break
- worked 2¼ hrs (11:30am-1:45pm) and then took a 90-minute break
- worked 4½ hrs (3:15-7:45pm) then took a 7-hour major rest break

..then you have completed the maximum 12 hours work time in any 24-hour period at 7:45pm and may not commence working again until 6:00am the next day because that is when the 24-hour period you are counting finishes.