

Driver cards and rest periods – the rules that govern a lorry driver's day

Upcoming episode

How the tachograph and the driver card work, and what the driving and rest time rules actually say: nine hours of driving, the break after four and a half hours, daily rest, weekly rest – and what the Mobility Package changed.

MAIN TOPICS

- Who the rules apply to
- The tachograph, and what it records
- The driver card, and the four modes
- The driving period – nine hours, and ten twice a week
- The break after four and a half hours
- Daily rest, and when it can be shortened
- Weekly rest, and the compensation
- What the Mobility Package changed – where you sleep, and who pays

QUESTIONS THIS EPISODE ANSWERS

- Who do the driving and rest time rules apply to?
- What is a driver card, and who needs one?
- What does the tachograph record?
- How long may a driver drive in a day?
- When must you take a break, and can it be split?
- What is the difference between daily rest and weekly rest?
- Can you sleep in the lorry during weekly rest?
- How often must the driver be able to get home?

KEY POINTS

- The rules apply to goods transport above 3.5 tonnes, and passenger transport in vehicles built for more than nine people including the driver.
- The driving period is nine hours a day, extendable to ten hours up to twice a week.
- After no more than four and a half hours of driving, a 45-minute break must be taken.
- The break may be split into 15 and then 30 minutes – never the other way round.
- Daily rest is eleven hours, or three plus nine, and may be cut to nine up to three times between weekly rests.
- Weekly rest is 45 hours, and may be reduced to 24 hours every second week against compensation.
- A normal weekly rest may not be taken in the vehicle, and the employer must cover the

accommodation.

- The undertaking must organise the work so the driver can get home at least every fourth week.

SOURCES AND REFERENCES

- Norwegian Public Roads Administration – Regulations for driving time and rest periods
<https://www.vegvesen.no/en/vehicles/professional-transport/driving-time-and-rest-periods/regulations-for-driving-time-and-rest-periods/>
- Norwegian Public Roads Administration – Daily driving period
<https://www.vegvesen.no/en/vehicles/professional-transport/driving-time-and-rest-periods/daily-driving-period/>
- Norwegian Public Roads Administration – To whom do the rules apply
<https://www.vegvesen.no/en/vehicles/professional-transport/driving-time-and-rest-periods/to-whom-do-the-rules-apply/>
- Norwegian Public Roads Administration – Tachograph and driver card requirements
<https://www.vegvesen.no/en/vehicles/professional-transport/driving-time-and-rest-periods/tachograph-requirements/tachograph-and-driver-card-requirements/>
- Norwegian Public Roads Administration – Changes to driving and rest time rules (Mobility Package)
<https://www.vegvesen.no/kjoretoy/yrkestransport/nytt-i-mobilitetspakken/endringer-i-kjore--og-hviletidsbestemmelsen/>

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