**Working Time Directive**

The domestic rules on van driving apply to all commercial vehicles not exceeding 3.5 tonnes.

**Daily Driving Limit**

10 hours of daily driving. This applies from the moment you start driving. It includes time spent off-road and time behind the wheel with engine running and controlling the vehicle. This could be when the vehicle is stationary or moving.

**Daily Duty Limit**

11 hours daily duty. The period of 24 hours from the beginning of your shift. Drivers are excluded from the daily duty limit on any working day if they don’t drive.

Rest Breaks - A worker is entitled to an uninterrupted break of 20 minutes when daily working time is more than six hours. It should be a break in working time and should not be taken either at the start, or at the end, of a working day.

**Daily Rest**

Under the Working Time Regulations 1998, regulation 10, a worker is entitled to a rest period of 11 consecutive hours rest in each 24-hour period.

Weekly Rest – An adult worker is entitled to an uninterrupted 24 hours without any work each week or an uninterrupted 48 hours without any work for each fortnight