

# Cumulative work days & cumulative work periods



## A cumulative work day:

- >> starts when a driver commences duty for the day but only after a driver completes a continuous period of rest that is 10 or more hours, and
- >> can be no more than 24 hours in duration, but can be less.

➤ Example 1. **Driver starts work at 0500 (day 1). The cumulative work day finishes at 0500 the next day (day 2). Because the cumulative work day must include a continuous period of rest of at least 10 hours the driver must commence rest no later than 1900 on the same day (day 1).**

Day 1			Day 2	
0500		1900		0500
Starts work	Must have a 30-minute rest break after each 5½ hour period of work throughout the work day	Latest time that a 10-hour rest break can commence	Cumulative work day ends after 10-hour rest break completed	New cumulative work day starts
Cumulative work day starts				
<b>14 hours at work</b> 13 hours work, two 30-minute rest breaks			<b>10-hour rest break</b>	
24-hour cumulative work day				

- Example 2. **Driver starts work at 0500 (day 1) and finishes at 1200 the same day. They then take a rest of 10 hours after which they commence work again at 2200 and work a full day.**

Day 1				Day 2			
0500		1200		2200		1200	2200
Starts work Cumulative work day starts	Must have a 30-minute rest break after each 5½ hour period of work throughout the work day	Finish work for the day Commences 10-hour rest break	Cumulative work day ends after 10-hour rest break completed	Finishes 10-hour rest break and recommences work New cumulative work day starts	Must have a 30-minute rest break after each 5 ½-hour period of work throughout the work day	Latest time that a 10-hour rest break can commence	New cumulative work day starts
<b>7 hours at work</b> 6½ hours work, one 30-minute rest break			<b>10-hour rest break</b>	<b>14 hours at work</b> 13 hours work, two 30-minute rest breaks		<b>10-hour rest break</b>	
17-hour cumulative work day				24-hour cumulative work day			

## Recording rest periods

The start and finish times of each 10-hour (minimum) rest period must be recorded as well as the location at which it was taken. Independent verification of where the rest was taken may be sought by enforcement officers if they suspect a driver may have breached work time provisions.

## Cumulative work period

This is the period of work between rest breaks of at least 24 hours. The maximum number of hours that can be worked in a cumulative work period is 70.

*This information is provided as a general guide only, and does not cover everything in the law. It is not the source of the law.*