

## Fatigue Management Policy

\_\_\_\_\_ understands the importance of applying proper fatigue management principles to all Drivers involved in the operation of heavy vehicles. These key principles include –

- Routes & schedules are planned and assessed to minimise fatigue
- The general management of workplace fatigue in accordance with OH&S laws
- Drivers are encouraged to make lifestyle choices that promote better fatigue management outcomes – this includes a proper balanced diet, regular water, limited alcohol intake (zero tolerance whilst at work), a drug free lifestyle, suitable rest periods whilst away work, regular medical checks, etc

The fatigue management strategy that will be adopted by \_\_\_\_\_ is to comply with the NSW Roads & Traffic Authority guidelines for standard hours' to be worked and rest breaks to be taken (refer table below)

### Standard Hours Work and Rest Summary

Time	Work	Rest
In any period of:	A driver must not work for more than a <b>maximum</b> of:	And have at least a <b>minimum</b> rest break of:
5.5 hours	5.25 hours	15 continuous minutes
8 hours	7.5 hours	30 minutes in blocks of 15 continuous minutes
11 hours	10 hours	60 minutes in blocks of 15 continuous minutes
24 hours	12 hours	7 continuous hours stationary rest time <sup>1</sup>
7 days	72 hours	24 hours continuous stationary rest time
14 days	144 hours	2 night rest breaks <sup>2</sup> <b>and</b> 2 night rest breaks taken on consecutive days

<sup>1</sup> Stationary rest time is the time a driver spends out of a regulated heavy vehicle or in an approved sleeper berth of a stationary regulated heavy vehicle.

<sup>2</sup> Night rest breaks are 7 continuous hours stationary rest time taken between the hours of 10pm on a day and 8am on the next day (using the time zone base of the driver) or a 24 continuous hours stationary rest break

Signed-:

For and on behalf of \_\_\_\_\_

Dated-: