

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 maximum of:	And have at least a minimum 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 ¹
7 days	72 hours	24 hours continuous stationary rest time
14 days	144 hours	2 night rest breaks ² and 2 night rest breaks taken on consecutive days

¹ 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.

² 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-: