

**Daily work and rest hours planner—Basic Fatigue Management (solo drivers)**

<b>If you start work at:</b>	<b>12:00</b>	<b>12:15</b>	<b>12:30</b>	<b>12:45</b>	<b>1:00</b>	<b>1:15</b>	<b>1:30</b>	<b>1:45</b>	<b>2:00</b>	<b>2:15</b>	<b>2:30</b>	<b>2:45</b>
you must take at least a 15 minute break before:	6:15	6:30	6:45	7:00	7:15	7:30	7:45	8:00	8:15	8:30	8:45	9:00
and at least another 15 minute break before:	9:00	9:15	9:30	9:45	10:00	10:15	10:30	10:45	11:00	11:15	11:30	11:45
and at least another 30 minute break before:	12:00	12:15	12:30	12:45	1:00	1:15	1:30	1:45	2:00	2:15	2:30	2:45
<b>If you start work at:</b>	<b>3:00</b>	<b>3:15</b>	<b>3:30</b>	<b>3:45</b>	<b>4:00</b>	<b>4:15</b>	<b>4:30</b>	<b>4:45</b>	<b>5:00</b>	<b>5:15</b>	<b>5:30</b>	<b>5:45</b>
you must take at least a 15 minute break before:	9:15	9:30	9:45	10:00	10:15	10:30	10:45	11:00	11:15	11:30	11:45	12:00
and at least another 15 minute break before:	12:00	12:15	12:30	12:45	1:00	1:15	1:30	1:45	2:00	2:15	2:30	2:45
and at least another 30 minute break before:	3:00	3:15	3:30	3:45	4:00	4:15	4:30	4:45	5:00	5:15	5:30	5:45
<b>If you start work at:</b>	<b>6:00</b>	<b>6:15</b>	<b>6:30</b>	<b>6:45</b>	<b>7:00</b>	<b>7:15</b>	<b>7:30</b>	<b>7:45</b>	<b>8:00</b>	<b>8:15</b>	<b>8:30</b>	<b>8:45</b>
you must take at least a 15 minute break before:	12:15	12:30	12:45	1:00	1:15	1:30	1:45	2:00	2:15	2:30	2:45	3:00
and at least another 15 minute break before:	3:00	3:15	3:30	3:45	4:00	4:15	4:30	4:45	5:00	5:15	5:30	5:45
and at least another 30 minute break before:	6:00	6:15	6:30	6:45	7:00	7:15	7:30	7:45	8:00	8:15	8:30	8:45
<b>If you start work at:</b>	<b>9:00</b>	<b>9:15</b>	<b>9:30</b>	<b>9:45</b>	<b>10:00</b>	<b>10:15</b>	<b>10:30</b>	<b>10:45</b>	<b>11:00</b>	<b>11:15</b>	<b>11:30</b>	<b>11:45</b>
you must take at least a 15 minute break before:	3:15	3:30	3:45	4:00	4:15	4:30	4:45	5:00	5:15	5:30	5:45	6:00
and at least another 15 minute break before:	6:00	6:15	6:30	6:45	7:00	7:15	7:30	7:45	8:00	8:15	8:30	8:45
and at least another 30 minute break before:	9:00	9:15	9:30	9:45	10:00	10:15	10:30	10:45	11:00	11:15	11:30	11:45