

Fatigue is a significant risk for drivers and can be caused by constant work, improper rest, or lack of sleep. For this reason, HGGC limits the maximum driving and working hours and is allowed specific driving and working.

The driving/working limits are as follows, and if the customer's demand is better, it will prevail.

A maximum of 4 hours 30 minutes (continuous) of driving after a minimum of 30 minutes of rest is mandatory. However, it is advisable to rest 15 minutes after driving every 2 hours.

- 1. A maximum of 10 hours can be driven in a day.**
- 2. A maximum of 56 hours can be driven in a week.**
- 3. A maximum of 12 hours can be worked in a day.**
- 4. A maximum of 72 hours can be worked in a week.**
- 5. A minimum of 9 consecutive hours of rest is mandatory in 1 day.**
- 6. A minimum of 24 consecutive hours of rest in a week.**

It is the responsibility of drivers to get proper rest. In case of fatigue, it is important to inform your supervisor for further guidance. Fatigue is a significant risk for drivers and can be caused by constant work, improper rest, or lack of sleep.