

# EU Rules on Driving Time, Breaks & Rest for Professional Drivers

These are the main rules that apply to drivers of goods vehicles (mass over 3.5 tonnes) for both national & international transport in the EU. [RSA+2Mobility and Transport+2](#)

| Category                 | Limit / Requirement  |
|--------------------------|--|
| Daily Driving Time       | Up to <b>9 hours</b> per day. Can be extended to <b>10 hours</b> , <b>twice a week</b> .   |
| Weekly Driving Time      | Max <b>56 hours</b> in one week.   |
| Fortnightly Driving Time | Max <b>90 hours</b> over any two consecutive weeks.  |
| Breaks During Driving    | After no more than <b>4.5 hours</b> of driving, drivers must take at least a 45-minute break. That break can be split into 15 + 30 minutes.  |
| Daily Rest               | At least <b>11 consecutive hours</b> after the end of the previous working period. Reduced daily rest of at least <b>9 hours</b> allowed up to <b>3 times between weekly rest periods</b> .  |
| Weekly Rest              | Regular weekly rest: at least <b>45 hours</b> . Can be reduced to a minimum of <b>24 hours</b> every <b>other week</b> , but compensation/rest must be added later.  |
| Other Notes              | <ul style="list-style-type: none"><li>- There are national derogations/exemptions under certain conditions.</li><li>- Tachograph usage is mandatory to monitor driving/rest/break times. <a href="#">RSA+1</a></li><li>- The rules also cover “other work” (loading/unloading, waiting, etc.) in some cases under working time directives. <a href="#">RSA+1</a></li></ul> |