



# RECORD OF HOURS OF REST

Dec 2019  
IMO STCW 2010

Vessel: XXXXX

IMO No: XXXXX

Flag: XXXXX

Seafarer (Full Name): XXXXX

Position (Rank): XXXXX

Watchkeeper: NO



December 2019																									Hours of work in 24h period	Hours of rest in 24h period	Comments	NOT TO BE COMPLETED BY THE SEAFARER		
Date	00	01	02	03	04	05	06	07	08	09	10	11	12	13	14	15	16	17	18	19	20	21	22	23				24	Hours of rest in any 24h	Hours of rest in any 7d
01/12/2019																										8.0	16.0		16.0	112.0
02/12/2019																										8.0	16.0		16.0	112.0
03/12/2019																										8.0	16.0		16.0	112.0
04/12/2019																										8.0	16.0		16.0	112.0
05/12/2019																										8.0	16.0		16.0	112.0
06/12/2019																										8.0	16.0		16.0	112.0
07/12/2019																										8.0	16.0		16.0	112.0
08/12/2019																										8.0	16.0		16.0	112.0
09/12/2019																										8.0	16.0		16.0	112.0
10/12/2019																										8.0	16.0		16.0	112.0
11/12/2019																										8.0	16.0		16.0	112.0
12/12/2019																										8.0	16.0		16.0	112.0
13/12/2019																										8.0	16.0		16.0	112.0
14/12/2019																										8.0	16.0		16.0	112.0
15/12/2019																										8.0	16.0		16.0	112.0
16/12/2019																										8.0	16.0		16.0	112.0
17/12/2019																										8.0	16.0		16.0	112.0
18/12/2019																										8.0	16.0		16.0	112.0
19/12/2019																										8.0	16.0		16.0	112.0
20/12/2019																										8.0	16.0		16.0	112.0
21/12/2019																										8.0	16.0		16.0	112.0
22/12/2019																										8.0	16.0		16.0	112.0
23/12/2019																										8.0	16.0		16.0	112.0
24/12/2019																										8.0	16.0		16.0	112.0
25/12/2019																										8.0	16.0		16.0	112.0
26/12/2019																										8.0	16.0		16.0	112.0
27/12/2019																										8.0	16.0		16.0	112.0
28/12/2019																										8.0	16.0		16.0	112.0
29/12/2019																										8.0	16.0		16.0	112.0
30/12/2019																										8.0	16.0		16.0	112.0
31/12/2019																										8.0	16.0		16.0	112.0
00 01 02 03 04 05 06 07 08 09 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24																									248.0	496.0				

The following national laws, regulations and/or collective agreements governing limitations on working hours or minimum rest periods apply to this ship:

I AGREE THAT THIS RECORD IS AN ACCURATE REFLECTION OF THE HOURS OF WORK OR REST OF THE SEAFARER CONCERNED.

Name of master or person authorized by master to sign this record

Signature of master or authorized person

Signature of seafarer

A copy of this record is to be given to the seafarer. This form is subject to examination and endorsement under procedures established by:

(name of competent authority)