

# Driving time, working time, rest

Drivers must follow extensive rules to ensure they take sufficient rest and observe maximum limits on daily and weekly working and driving hours.

## Driving and rest time rules

- ✓ Daily driving period shall not exceed 9 hours, with an exemption of twice a week when it can be extended to 10 hours.
- ✓ Breaks of at least 45 minutes (separable into 15 minutes followed by 30 minutes) should be taken after 4 ½ hours at the latest.
- ✓ Daily rest period shall be at least 11 hours, with an exception of going down to 9 hours maximum three times a week. Daily rest can be split into 3 hours rest followed by 9 hour rest to make a total of 12 hours daily rest
- ✓ Total weekly driving time may not exceed 56 hours and the total fortnightly driving time may not exceed 90 hours.
- ✓ Weekly rest is 45 continuous hours, which can be reduced every second week to 24 hours. Compensation arrangements apply for reduced weekly rest period. Weekly rest is to be taken after six days of working, except for coach drivers engaged in a single occasional service of international transport of passengers who may postpone their weekly rest period after 12 days in order to facilitate coach holidays.



*Coach and Travel Services across Finland*