
STATUTORY INSTRUMENTS

2005 No. 639

The Road Transport (Working Time) Regulations 2005

Breaks

7.—(1) No mobile worker [^{F1}or self-employed driver] shall work for more than six hours without a break.

[^{F2}(2) Where the working time of a mobile worker or self-employed driver exceeds six hours but does not exceed nine hours, the mobile worker or self-employed driver must take a break lasting at least 30 minutes and interrupting that period.]

[^{F3}(3) Where the working time of a mobile worker or self-employed driver exceeds nine hours, the mobile worker or self-employed driver must take a break lasting at least 45 minutes and interrupting that period.]

(4) Each break may be made up of separate periods of not less than 15 minutes each.

(5) An employer shall take all reasonable steps, in keeping with the need to protect the health and safety of the mobile worker, to ensure that the limits specified above are complied with in the case of each mobile worker employed by him.

[^{F4}(6) A self-employed driver must take all reasonable steps, in keeping with the need to protect his health and safety, to comply with the limits specified above.]

Textual Amendments

- F1** Words in reg. 7(1) inserted (11.5.2012) by [The Road Transport \(Working Time\) \(Amendment\) Regulations 2012 \(S.I. 2012/991\)](#), regs. 1, **8(a)**
- F2** Reg. 7(2) substituted (11.5.2012) by [The Road Transport \(Working Time\) \(Amendment\) Regulations 2012 \(S.I. 2012/991\)](#), regs. 1, **8(b)**
- F3** Reg. 7(3) substituted (11.5.2012) by [The Road Transport \(Working Time\) \(Amendment\) Regulations 2012 \(S.I. 2012/991\)](#), regs. 1, **8(c)**
- F4** Reg. 7(6) inserted (11.5.2012) by [The Road Transport \(Working Time\) \(Amendment\) Regulations 2012 \(S.I. 2012/991\)](#), regs. 1, **8(d)**

Changes to legislation:

There are currently no known outstanding effects for the The Road Transport (Working Time) Regulations 2005, Section 7.