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STATUTORY INSTRUMENTS

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**2005 No. 639**

**The Road Transport (Working Time) Regulations 2005**

**Breaks**

- 7.—(1) No mobile worker shall work for more than six hours without a break.
- (2) Where a mobile worker's working time exceeds six hours but does not exceed nine hours, the worker shall be entitled to a break lasting at least 30 minutes and interrupting that time.
- (3) Where a mobile worker's working time exceeds nine hours, the worker shall be entitled to 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.