

GET TRUCKED GROUP | STANDARD HOURS PLANNER

Start time (12:00 PM–2:45 PM)	12:00 PM	12:15 PM	12:30 PM	12:45 PM	1:00 PM	1:15 PM	1:30 PM	1:45 PM	2:00 PM	2:15 PM	2:30 PM	2:45 PM
First 15 minute break BEFORE	5:30 PM	5:45 PM	6:00 PM	6:15 PM	6:30 PM	6:45 PM	7:00 PM	7:15 PM	7:30 PM	7:45 PM	8:00 PM	8:15 PM
Second 15 minute break BEFORE	8:00 PM	8:15 PM	8:30 PM	8:45 PM	9:00 PM	9:15 PM	9:30 PM	9:45 PM	10:00 PM	10:15 PM	10:30 PM	10:45 PM
30 minute break BEFORE	11:00 PM	11:15 PM	11:30 PM	11:45 PM	12:00 AM	12:15 AM	12:30 AM	12:45 AM	1:00 AM	1:15 AM	1:30 AM	1:45 AM
Start time (3:00 PM–5:45 PM)	3:00 PM	3:15 PM	3:30 PM	3:45 PM	4:00 PM	4:15 PM	4:30 PM	4:45 PM	5:00 PM	5:15 PM	5:30 PM	5:45 PM
First 15 minute break BEFORE	8:30 PM	8:45 PM	9:00 PM	9:15 PM	9:30 PM	9:45 PM	10:00 PM	10:15 PM	10:30 PM	10:45 PM	11:00 PM	11:15 PM
Second 15 minute break BEFORE	11:00 PM	11:15 PM	11:30 PM	11:45 PM	12:00 AM	12:15 AM	12:30 AM	12:45 AM	1:00 AM	1:15 AM	1:30 AM	1:45 AM
30 minute break BEFORE	2:00 AM	2:15 AM	2:30 AM	2:45 AM	3:00 AM	3:15 AM	3:30 AM	3:45 AM	4:00 AM	4:15 AM	4:30 AM	4:45 AM
Start time (6:00 PM–8:45 PM)	6:00 PM	6:15 PM	6:30 PM	6:45 PM	7:00 PM	7:15 PM	7:30 PM	7:45 PM	8:00 PM	8:15 PM	8:30 PM	8:45 PM
First 15 minute break BEFORE	11:30 PM	11:45 PM	12:00 AM	12:15 AM	12:30 AM	12:45 AM	1:00 AM	1:15 AM	1:30 AM	1:45 AM	2:00 AM	2:15 AM
Second 15 minute break BEFORE	2:00 AM	2:15 AM	2:30 AM	2:45 AM	3:00 AM	3:15 AM	3:30 AM	3:45 AM	4:00 AM	4:15 AM	4:30 AM	4:45 AM
30 minute break BEFORE	5:00 AM	5:15 AM	5:30 AM	5:45 AM	6:00 AM	6:15 AM	6:30 AM	6:45 AM	7:00 AM	7:15 AM	7:30 AM	7:45 AM
Start time (9:00 PM–11:45 PM)	9:00 PM	9:15 PM	9:30 PM	9:45 PM	10:00 PM	10:15 PM	10:30 PM	10:45 PM	11:00 PM	11:15 PM	11:30 PM	11:45 PM
First 15 minute break BEFORE	2:30 AM	2:45 AM	3:00 AM	3:15 AM	3:30 AM	3:45 AM	4:00 AM	4:15 AM	4:30 AM	4:45 AM	5:00 AM	5:15 AM
Second 15 minute break BEFORE	5:00 AM	5:15 AM	5:30 AM	5:45 AM	6:00 AM	6:15 AM	6:30 AM	6:45 AM	7:00 AM	7:15 AM	7:30 AM	7:45 AM
30 minute break BEFORE	8:00 AM	8:15 AM	8:30 AM	8:45 AM	9:00 AM	9:15 AM	9:30 AM	9:45 AM	10:00 AM	10:15 AM	10:30 AM	10:45 AM

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In any period of...	A driver must not work for more than a maximum of...	And must have the rest of that period off work with at least a minimum rest break of...
5 ½ hours	5 ¼ hours work time	15 continuous minutes rest time
8 hours	7 ½ hours work time	30 minutes rest time in blocks of 15 continuous minutes
11 hours	10 hours work time	60 minutes rest time in blocks of 15 continuous minutes
24 hours	12 hours work time	7 continuous hours stationary rest time*
7 days	72 hours work time	24 continuous hours stationary rest time
14 days	144 hours work time	2 × night rest breaks AND 2 × night rest breaks taken on consecutive days

*Stationary rest is time spent out of a fatigue-regulated heavy vehicle or in an approved sleeper berth of a stationary heavy vehicle. A night rest break is 7 continuous hours of stationary rest between 10:00 PM and 8:00 AM (base time), or 24 continuous hours stationary rest.

COUNTING TIME — Written Work Diary (WWD): work time rounds up to the next 15-minute period; rest time rounds down. Example: 6 minutes work counts as 15 minutes; 12 minutes rest counts as 0 minutes.

Electronic Work Diary (EWD): work and rest are counted to the minute, but a continuous rest period shorter than 15 minutes does not count towards a minimum rest requirement.

FITNESS TO DRIVE — Meeting the hours table does not automatically mean you are fit to drive. Do not drive if fatigue or another condition makes you unfit to drive safely.

PLANNING AID ONLY — This sheet does not check all overlapping counting periods, previous work/rest history, accreditation certificate conditions, or individual fitness to drive. Confirm requirements with the NHVR and your operator.

GET TRUCKED GROUP | LEGACY BFM HOURS PLANNER

Start time (12:00 PM–2:45 PM)	12:00 PM	12:15 PM	12:30 PM	12:45 PM	1:00 PM	1:15 PM	1:30 PM	1:45 PM	2:00 PM	2:15 PM	2:30 PM	2:45 PM
First 15 minute break BEFORE	6:15 PM	6:30 PM	6:45 PM	7:00 PM	7:15 PM	7:30 PM	7:45 PM	8:00 PM	8:15 PM	8:30 PM	8:45 PM	9:00 PM
Second 15 minute break BEFORE	9:00 PM	9:15 PM	9:30 PM	9:45 PM	10:00 PM	10:15 PM	10:30 PM	10:45 PM	11:00 PM	11:15 PM	11:30 PM	11:45 PM
30 minute break BEFORE	12:00 AM	12:15 AM	12:30 AM	12:45 AM	1:00 AM	1:15 AM	1:30 AM	1:45 AM	2:00 AM	2:15 AM	2:30 AM	2:45 AM
Start time (3:00 PM–5:45 PM)	3:00 PM	3:15 PM	3:30 PM	3:45 PM	4:00 PM	4:15 PM	4:30 PM	4:45 PM	5:00 PM	5:15 PM	5:30 PM	5:45 PM
First 15 minute break BEFORE	9:15 PM	9:30 PM	9:45 PM	10:00 PM	10:15 PM	10:30 PM	10:45 PM	11:00 PM	11:15 PM	11:30 PM	11:45 PM	12:00 AM
Second 15 minute break BEFORE	12:00 AM	12:15 AM	12:30 AM	12:45 AM	1:00 AM	1:15 AM	1:30 AM	1:45 AM	2:00 AM	2:15 AM	2:30 AM	2:45 AM
30 minute break BEFORE	3:00 AM	3:15 AM	3:30 AM	3:45 AM	4:00 AM	4:15 AM	4:30 AM	4:45 AM	5:00 AM	5:15 AM	5:30 AM	5:45 AM
Start time (6:00 PM–8:45 PM)	6:00 PM	6:15 PM	6:30 PM	6:45 PM	7:00 PM	7:15 PM	7:30 PM	7:45 PM	8:00 PM	8:15 PM	8:30 PM	8:45 PM
First 15 minute break BEFORE	12:15 AM	12:30 AM	12:45 AM	1:00 AM	1:15 AM	1:30 AM	1:45 AM	2:00 AM	2:15 AM	2:30 AM	2:45 AM	3:00 AM
Second 15 minute break BEFORE	3:00 AM	3:15 AM	3:30 AM	3:45 AM	4:00 AM	4:15 AM	4:30 AM	4:45 AM	5:00 AM	5:15 AM	5:30 AM	5:45 AM
30 minute break BEFORE	6:00 AM	6:15 AM	6:30 AM	6:45 AM	7:00 AM	7:15 AM	7:30 AM	7:45 AM	8:00 AM	8:15 AM	8:30 AM	8:45 AM
Start time (9:00 PM–11:45 PM)	9:00 PM	9:15 PM	9:30 PM	9:45 PM	10:00 PM	10:15 PM	10:30 PM	10:45 PM	11:00 PM	11:15 PM	11:30 PM	11:45 PM
First 15 minute break BEFORE	3:15 AM	3:30 AM	3:45 AM	4:00 AM	4:15 AM	4:30 AM	4:45 AM	5:00 AM	5:15 AM	5:30 AM	5:45 AM	6:00 AM
Second 15 minute break BEFORE	6:00 AM	6:15 AM	6:30 AM	6:45 AM	7:00 AM	7:15 AM	7:30 AM	7:45 AM	8:00 AM	8:15 AM	8:30 AM	8:45 AM
30 minute break BEFORE	9:00 AM	9:15 AM	9:30 AM	9:45 AM	10:00 AM	10:15 AM	10:30 AM	10:45 AM	11:00 AM	11:15 AM	11:30 AM	11:45 AM

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In any period of...	A driver must not work for more than a maximum of...	And must have the rest of that period off work with at least a minimum rest break of...
6 ¼ hours	6 hours work time	15 continuous minutes rest time
9 hours	8 ½ hours work time	30 minutes rest time in blocks of 15 continuous minutes
12 hours	11 hours work time	60 minutes rest time in blocks of 15 continuous minutes
24 hours	14 hours work time	7 continuous hours stationary rest time*
7 days	36 hours long/night work time**	No limit has been set
14 days	144 hours work time	24 continuous hours stationary rest taken after no more than 84 hours work AND 24 continuous hours stationary rest AND 2 x night rest breaks AND 2 x night rest breaks

*Stationary rest is time spent out of a fatigue-regulated heavy vehicle or in an approved sleeper berth of a stationary heavy vehicle. **Long/night work includes work over 12 hours in any 24 hours (outside midnight–6:00 AM) and all work between midnight and 6:00 AM; count both together. #A night rest break is 7 continuous hours stationary rest between 10:00 PM and 8:00 AM (base time), or 24 continuous hours stationary rest.

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LEGACY BFM ONLY — for operators continuing under existing BFM accreditation. This is not a new accreditation pathway.

COUNTING TIME — Written Work Diary (WWD): work time rounds up to the next 15-minute period; rest time rounds down. Example: 6 minutes work counts as 15 minutes; 12 minutes rest counts as 0 minutes.

Electronic Work Diary (EWD): work and rest are counted to the minute, but a continuous rest period shorter than 15 minutes does not count towards a minimum rest requirement.

FITNESS TO DRIVE — Meeting the hours table does not automatically mean you are fit to drive. Do not drive if fatigue or another condition makes you unfit to drive safely.

PLANNING AID ONLY — This sheet does not check all overlapping counting periods, previous work/rest history, accreditation certificate conditions, or individual fitness to drive. Confirm requirements with the NHVR and your operator.

GET TRUCKED GROUP | ACA-FATIGUE TEMPLATE 1

ALTERNATIVE COMPLIANCE HOURS (ACH) — SOLO DRIVER TEMPLATE

BFM-equivalent style; the 14-day reset rest is increased from 24 to 30 continuous hours.

Counting period	Maximum work time	Minimum rest required
6¼ hours	6 hours	15 continuous minutes
9 hours	8½ hours	30 minutes in blocks of 15 continuous minutes
12 hours	11 hours	60 minutes in blocks of 15 continuous minutes
24 hours	14 hours	10 hours, including 7 continuous hours stationary rest
7 days (168 hours)	36 hours long/night work time	No limit set
14 days (336 hours)	144 hours	192 hours, including 24 continuous hours stationary rest after no more than 84 hours work, 30 continuous hours stationary rest, and 2 accredited night rest breaks

IMPORTANT NOTES

- The 30-hour continuous stationary rest must include midnight to 6:00 AM on the following day (base time).
- Accredited night rest: 7 continuous hours stationary rest between 10:00 PM and 8:00 AM (base time).
- Long/night work combines work exceeding 12 hours in a 24-hour period (outside midnight–6:00 AM) and any work between midnight and 6:00 AM. Limit: 36 hours in 7 days.

IMPORTANT: This is an NHVR-published template summary, not an approval or a driver-specific compliance check. ACA-Fatigue requires NHVR accreditation, an approved Alternative Compliance Hours option, and compliance with the operator's certificate and conditions.

FITNESS TO DRIVE: A driver must not drive if fatigue or another condition makes them unfit to drive safely. Meeting the work/rest limits does not automatically mean a driver is fit to drive.

NHVR source: ACA-Fatigue Templated Tables of Hours — <https://www.nhvr.gov.au/files/media/document/878/202606-1755-aca-f-templated-table-of-hours-information-sheet.pdf>

NHVR ACA-Fatigue guidance: <https://www.nhvr.gov.au/safety-accreditation-compliance/fatigue-management/alternative-compliance-accreditation-aca-fatigue>

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ALTERNATIVE COMPLIANCE HOURS (ACH) — SOLO DRIVER TEMPLATE

AFM-style option allowing up to 6 hours before a rest break, up to 15½ hours in 24 hours, and up to 6 night-work periods in 14 days. Elevated risk profile; specialist review/additional fees may apply.

Counting period	Maximum work time	Minimum rest required
6½ hours	6 hours	30 minutes in blocks of 15 continuous minutes
24 hours	15½ hours	8½ hours, including 7 continuous hours stationary rest
3 days (72 hours)	45 hours	27 hours
14 days (336 hours)	154 hours	182 hours, including 6 accredited night rest breaks and 30 continuous hours stationary rest

IMPORTANT NOTES

- Work between midnight and 6:00 AM is permitted no more than 6 times in a 14-day period.
- Work time must not exceed 14 hours on consecutive days.
- 30 continuous hours stationary rest must include midnight to 6:00 AM on the following day (base time).
- Accredited night rest: 7 continuous hours stationary rest between 10:00 PM and 8:00 AM (base time).

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FITNESS TO DRIVE: A driver must not drive if fatigue or another condition makes them unfit to drive safely. Meeting the work/rest limits does not automatically mean a driver is fit to drive.

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ALTERNATIVE COMPLIANCE HOURS (ACH) — SOLO DRIVER TEMPLATE

AFM-style option allowing up to 6 hours before a rest break, up to 15½ hours in 24 hours (subject to limits on consecutive days), and up to 10 night-work periods in 14 days. Elevated risk profile; specialist review/additional fees may apply.

Counting period	Maximum work time	Minimum rest required
6½ hours	6 hours	30 minutes in blocks of 15 continuous minutes
24 hours	15½ hours	8½ hours, including 7 continuous hours stationary rest
14 days (336 hours)	154 hours	182 hours, including 2 accredited night rest breaks and 48 continuous hours stationary rest
28 days (672 hours)	288 hours	384 hours, including 4 accredited night rest breaks and 2 × 48-hour continuous stationary rest breaks

IMPORTANT NOTES

- Work time must not exceed 14 hours on consecutive days, and must not exceed 15½ hours more than 3 times in any 14-day period.
- Accredited night rest: 7 continuous hours stationary rest between 10:00 PM and 8:00 AM (base time).

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FITNESS TO DRIVE: A driver must not drive if fatigue or another condition makes them unfit to drive safely. Meeting the work/rest limits does not automatically mean a driver is fit to drive.

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ALTERNATIVE COMPLIANCE HOURS (ACH) — SOLO DRIVER TEMPLATE

AFM-style option allowing up to 5 hours before a rest break, up to 15½ hours in 24 hours (with 14 hours not exceeded on consecutive days), and up to 10 night-work periods in 14 days. Elevated risk profile; specialist review/additional fees may apply.

Counting period	Maximum work time	Minimum rest required
5½ hours	5 hours	30 minutes in blocks of 15 continuous minutes
24 hours	15½ hours	8½ hours, including 7 continuous hours stationary rest
14 days (336 hours)	154 hours	182 hours, including 2 accredited night rest breaks and 48 continuous hours stationary rest
28 days (672 hours)	288 hours	384 hours, including 4 accredited night rest breaks and 2 × 48-hour continuous stationary rest breaks

IMPORTANT NOTES

- Work time must not exceed 14 hours on consecutive days.
- Accredited night rest: 7 continuous hours stationary rest between 10:00 PM and 8:00 AM (base time).

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FITNESS TO DRIVE: A driver must not drive if fatigue or another condition makes them unfit to drive safely. Meeting the work/rest limits does not automatically mean a driver is fit to drive.

NHVR source: ACA-Fatigue Templated Tables of Hours — <https://www.nhvr.gov.au/files/media/document/878/202606-1755-aca-f-templated-table-of-hours-information-sheet.pdf>

NHVR ACA-Fatigue guidance: <https://www.nhvr.gov.au/safety-accreditation-compliance/fatigue-management/alternative-compliance-accreditation-aca-fatigue>

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ALTERNATIVE COMPLIANCE HOURS (ACH) — SOLO DRIVER TEMPLATE

AFM-style option allowing up to 6 hours before a rest break, up to 14 hours in 24 hours, and up to 6 night-work periods in 14 days.

Counting period	Maximum work time	Minimum rest required
6¼ hours	6 hours	15 continuous minutes
9 hours	8½ hours	30 minutes in blocks of 15 continuous minutes
12 hours	11 hours	60 minutes in blocks of 15 continuous minutes
24 hours	14 hours	10 hours, including 7 continuous hours stationary rest
14 days (336 hours)	154 hours	182 hours, including 6 accredited night rest breaks and 48 continuous hours stationary rest
28 days (672 hours)	288 hours	384 hours, including 12 accredited night rest breaks and 2 × 48-hour continuous stationary rest breaks

IMPORTANT NOTES

- Accredited night rest: 7 continuous hours stationary rest between 10:00 PM and 8:00 AM (base time).

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FITNESS TO DRIVE: A driver must not drive if fatigue or another condition makes them unfit to drive safely. Meeting the work/rest limits does not automatically mean a driver is fit to drive.

NHVR source: ACA-Fatigue Templated Tables of Hours — <https://www.nhvr.gov.au/files/media/document/878/202606-1755-aca-f-templated-table-of-hours-information-sheet.pdf>

NHVR ACA-Fatigue guidance: <https://www.nhvr.gov.au/safety-accreditation-compliance/fatigue-management/alternative-compliance-accreditation-aca-fatigue>

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ALTERNATIVE COMPLIANCE HOURS (ACH) — SOLO DRIVER TEMPLATE

AFM-style roster: 10 days on / 4 days off; up to 4 hours before a rest break, up to 12 hours in 24 hours, and up to 10 night-work periods in 14 days.

Counting period	Maximum work time	Minimum rest required
4½ hours	4 hours	30 minutes in blocks of 15 continuous minutes
24 hours	12 hours	12 hours, including 10 continuous hours stationary rest
14 days (336 hours)	120 hours	216 hours, including 96 continuous hours stationary rest

IMPORTANT NOTES

- Stationary rest means time out of the fatigue-regulated heavy vehicle or in an approved sleeper berth of a stationary heavy vehicle.

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FITNESS TO DRIVE: A driver must not drive if fatigue or another condition makes them unfit to drive safely. Meeting the work/rest limits does not automatically mean a driver is fit to drive.

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NHVR ACA-Fatigue guidance: <https://www.nhvr.gov.au/safety-accreditation-compliance/fatigue-management/alternative-compliance-accreditation-aca-fatigue>

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ALTERNATIVE COMPLIANCE HOURS (ACH) — SOLO DRIVER TEMPLATE

AFM-style roster: 14 days on / 7 days off; up to 4 hours before a rest break, up to 12 hours in 24 hours, and up to 14 night-work periods in 21 days.

Counting period	Maximum work time	Minimum rest required
4½ hours	4 hours	30 minutes in blocks of 15 continuous minutes
24 hours	12 hours	12 hours, including 10 continuous hours stationary rest
21 days (504 hours)	168 hours	336 hours, including 168 continuous hours stationary rest

IMPORTANT NOTES

- Stationary rest means time out of the fatigue-regulated heavy vehicle or in an approved sleeper berth of a stationary heavy vehicle.

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FITNESS TO DRIVE: A driver must not drive if fatigue or another condition makes them unfit to drive safely. Meeting the work/rest limits does not automatically mean a driver is fit to drive.

NHVR source: ACA-Fatigue Templated Tables of Hours — <https://www.nhvr.gov.au/files/media/document/878/202606-1755-aca-f-templated-table-of-hours-information-sheet.pdf>

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ALTERNATIVE COMPLIANCE HOURS (ACH) — SOLO DRIVER TEMPLATE

AFM-style roster: 14 days on / 14 days off; up to 4 hours before a rest break, up to 12 hours in 24 hours, and up to 14 night-work periods in 28 days.

Counting period	Maximum work time	Minimum rest required
4½ hours	4 hours	30 minutes in blocks of 15 continuous minutes
24 hours	12 hours	12 hours, including 10 continuous hours stationary rest
28 days (672 hours)	168 hours	504 hours, including 336 continuous hours stationary rest

IMPORTANT NOTES

- Stationary rest means time out of the fatigue-regulated heavy vehicle or in an approved sleeper berth of a stationary heavy vehicle.

IMPORTANT: This is an NHVR-published template summary, not an approval or a driver-specific compliance check. ACA-Fatigue requires NHVR accreditation, an approved Alternative Compliance Hours option, and compliance with the operator's certificate and conditions.

FITNESS TO DRIVE: A driver must not drive if fatigue or another condition makes them unfit to drive safely. Meeting the work/rest limits does not automatically mean a driver is fit to drive.

NHVR source: ACA-Fatigue Templated Tables of Hours — <https://www.nhvr.gov.au/files/media/document/878/202606-1755-aca-f-templated-table-of-hours-information-sheet.pdf>

NHVR ACA-Fatigue guidance: <https://www.nhvr.gov.au/safety-accreditation-compliance/fatigue-management/alternative-compliance-accreditation-aca-fatigue>

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ALTERNATIVE COMPLIANCE HOURS (ACH) — SOLO DRIVER TEMPLATE

AFM-style roster: 21 days on / 7 days off; up to 4 hours before a rest break, up to 12 hours in 24 hours, and up to 21 night-work periods in 28 days.

Counting period	Maximum work time	Minimum rest required
4½ hours	4 hours	30 minutes in blocks of 15 continuous minutes
24 hours	12 hours	12 hours, including 10 continuous hours stationary rest
28 days (672 hours)	252 hours	420 hours, including 168 continuous hours stationary rest

IMPORTANT NOTES

- Stationary rest means time out of the fatigue-regulated heavy vehicle or in an approved sleeper berth of a stationary heavy vehicle.

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FITNESS TO DRIVE: A driver must not drive if fatigue or another condition makes them unfit to drive safely. Meeting the work/rest limits does not automatically mean a driver is fit to drive.

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ALTERNATIVE COMPLIANCE HOURS (ACH) — SOLO DRIVER TEMPLATE

AFM-style roster: 14 days on / 7 days off with swing shifts; up to 4 hours before a rest break, up to 12 hours in 24 hours, and up to 7 night-work periods in 21 days.

Counting period	Maximum work time	Minimum rest required
4½ hours	4 hours	30 minutes in blocks of 15 continuous minutes
24 hours	12 hours	12 hours, including 7 continuous hours stationary rest
21 days (504 hours)	154 hours	350 hours, including 24 continuous hours stationary rest after no more than 84 hours work, 6 consecutive accredited night rest breaks, and 168 continuous hours stationary rest

IMPORTANT NOTES

- Accredited night rest breaks are 7 continuous hours stationary rest between 10:30 PM and 4:30 AM (base time).
- Stationary rest means time out of the fatigue-regulated heavy vehicle or in an approved sleeper berth of a stationary heavy vehicle.

IMPORTANT: This is an NHVR-published template summary, not an approval or a driver-specific compliance check. ACA-Fatigue requires NHVR accreditation, an approved Alternative Compliance Hours option, and compliance with the operator's certificate and conditions.

FITNESS TO DRIVE: A driver must not drive if fatigue or another condition makes them unfit to drive safely. Meeting the work/rest limits does not automatically mean a driver is fit to drive.

NHVR source: ACA-Fatigue Templated Tables of Hours — <https://www.nhvr.gov.au/files/media/document/878/202606-1755-aca-f-templated-table-of-hours-information-sheet.pdf>

NHVR ACA-Fatigue guidance: <https://www.nhvr.gov.au/safety-accreditation-compliance/fatigue-management/alternative-compliance-accreditation-aca-fatigue>

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