

Understanding Your 24-Hour Counting Point

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When you take a **major rest break**, your 24-hour counting period begins at the moment you begin work again. This means that the clock starts ticking from the time you finish your **7-hour continuous rest break** (or longer, if you take more time).

Here's the important part: **the 24-hour period doesn't reset if you take another 7-hour continuous rest during that time**. It keeps going 24 hours, until the 24-hour period has ended.

Example:

- You finish a 7-hour rest at 6:00 AM. In other words, you begin Work at 6:00AM after a 7-hour rest or more.
- Your 24-hour counting period runs from **6:00 AM to 6:00 AM the next day**.
- Even if you take another 7-hour rest during the day, or overnight, that counting period will still end at 6:00 AM the following day.
- Counting of work time will not complete until the counting period ends.
- Having 2x24-hour periods running at the same time will mean work done will be counted by both periods.
- A 24 hour conflict is when you are going to run out of Work time within the current 24 hour period and won't be able to continue straight through without a rest before it ends.

Why This Matters:

The **National Heavy Vehicle Regulator (NHVR)** sets out the rules for Paper and Electronic Logbooks. Following this system ensures you're meeting the legal requirements.

If you're unsure about how this works or need help planning your hours, using tools like an **Electronic Work Diary (EWD)** to track your time and avoid mistakes will provide more clarity in near real-time.

If you have questions, comment below! ☺ Drive Safe! ☐
