



# Fatigue Reference Card

## Tool

November 2022

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### Background

Categories of fatigue breaches are outlined in the *Heavy Vehicle (Fatigue Management) National Regulation*. The categories of fatigue risk breaches are:

- **Minor**
- **Substantial**
- **Severe**
- **Critical**

The specific breakpoints for each breach category differ depending on the chosen work and rest option.

The details in the fatigue reference cards summarises the risk categories for the different work and rest options. The *Heavy Vehicle (Fatigue Management) National Regulation* outlines in

- Schedule 1 – Standard hours and risk categories for contraventions of standard hours
- Schedule 2 – BFM hours and risk categories for contraventions of BFM hours
- Schedule 3 – Examples of concurrent fulfilment of minimum rest time requirements
- Schedule 4 – Risk categories for contraventions of AFM hours
- Schedule 5 – Risk categories for contraventions of exemption hours.

Standard Hours – Solo Driver	
Work more than ...	Category
5 ¼ hours in 5 ½ hours	Minor
7 ½ hours in 8 hours	Minor
10 hours in 11 hours	Minor
10 ¾ hours in 11 hours	Substantial
12 hours and up to 12 ¾ hours in 24 hours	Minor
12 ¾ hours and up to 13 ¼ hours in 24 hours	Substantial
13 ¼ hours and up to 13 ½ hours in 24 hours	Severe
13 ½ hours in 24 hours	Critical
72 hours and up to 73 ½ hours in 7 days	Minor
73 ½ hours and up to 74 ½ hours in 7 days	Substantial
74 ½ hours and up to 75 hours in 7 days	Severe
75 hours in 7 days	Critical
144 hours and up to 145 ½ hours in 14 days	Minor
145 ½ hours and up to 146 ½ hours in 14 days	Substantial
146 ½ hours and up to 147 hours in 14 days	Severe
147 hours in 14 days	Critical
Rest (continuous) less than ...	
7 hours stationary rest in 24 hours	Minor
6 ¼ hours stationary rest in 24 hours	Substantial
5 ¾ hours stationary rest in 24 hours	Severe
5 ½ hours stationary rest in 24 hours	Critical
24 hours stationary rest in 7 days	Minor
23 ¼ hours stationary rest in 7 days	Substantial
22 ¾ hours stationary rest in 7 days	Severe
22 ½ hours stationary rest in 7 days	Critical

Standard Hours – Solo Driver	
Night rest breaks with less than ...	Category
7 hours stationary rest in 14 days	Minor
6 ¼ hours stationary rest in 14 days	Substantial
5 ¾ hours stationary rest in 14 days	Severe
5 ½ hours stationary rest in 14 days	Critical
Consecutive night rest breaks with less than ...	
7 hours stationary rest in 14 days	Minor
6 ¼ hours stationary rest in 14 days	Substantial
5 ¾ hours stationary rest in 14 days	Severe
5 ½ hours stationary rest in 14 days	Critical

Standard Hours – Solo Driver of a Fatigue-Regulated Bus	
Work more than ...	Category
5 ¼ hours in 5 ½ hours	Minor
7 ½ hours in 8 hours	Substantial
10 hours in 11 hours	Minor
10 ¾ hours in 11 hours	Substantial
12 hours and up to 12 ¾ hours in 24 hours	Minor
12 ¾ hours and up to 13 ¼ hours in 24 hours	Substantial
13 ¼ hours and up to 13 ½ hours in 24 hours	Severe
13 ½ hours in 24 hours	Critical
288 hours and up to 289 ½ hours in 28 days	Minor
289 ½ hours and up to 290 ½ hours in 28 days	Substantial
290 ½ hours and up to 291 hours in 28 days	Severe
291 hours in 28 days	Critical

Standard Hours – Solo Driver of a Fatigue-Regulated Bus	
<b>Rest (continuous) less than ...</b>	
7 hours stationary rest in 24 hours	Minor
6 ¼ hours stationary rest in 24 hours	Substantial
5 ¾ hours stationary rest in 24 hours	Severe
5 ½ hours stationary rest in 24 hours	Critical
<b>Six night rest breaks in 7 days: Less than ...</b>	
7 hours stationary rest	Minor
6 ¼ hours stationary rest	Substantial
5 ¾ hours stationary rest	Severe
5 ½ hours stationary rest	Critical
<b>Four x 24 continuous hours stationary rest in 28 days: Less than ...</b>	
24 hours stationary rest	Minor
23 ¼ hours stationary rest	Substantial
22 ¾ hours stationary rest	Severe
22 ½ hours stationary rest	Critical

Standard Hours – Two-Up Driver	
<b>Work more than ...</b>	<b>Category</b>
5 ¼ hours in 5 ½ hours	Minor
7 ½ hours in 8 hours	Minor
10 hours in 11 hours	Minor
10 ¾ hours in 11 hours	Substantial
12 hours and up to 12 ¾ hours in 24 hours	Minor
12 ¾ hours and up to 13 ¼ hours in 24 hours	Substantial
13 ¼ hours and up to 13 ½ hours in 24 hours	Severe
13 ½ hours in 24 hours	Critical
60 hours and up to 61 ½ hours in 7 days	Minor

Standard Hours – Two-Up Driver	
61 ½ hours and up to 62 ½ hours in 7 days	Substantial
62 ½ hours and up to 63 hours in 7 days	Severe
63 hours in 7 days	Critical
120 hours and up to 121 ½ hours in 14 days	Minor
121 ½ hours and up to 122 ½ hours in 14 days	Substantial
122 ½ hours and up to 123 hours in 14 days	Severe
123 hours in 14 days	Critical
<b>Rest (continuous) less than ...</b>	
5 hours stationary rest in 24 hours	Minor
4 ¼ hours stationary rest in 24 hours	Substantial
3 ¾ hours stationary rest in 24 hours	Severe
3 ½ hours stationary rest in 24 hours	Critical
10 hours stationary rest in 52 hours	Minor
9 ¼ hours stationary rest in 52 hours	Substantial
8 ¾ hours stationary rest in 52 hours	Severe
8 ½ hours stationary rest in 52 hours	Critical
24 hours stationary rest in 7 days	Minor
23 ¼ hours stationary rest in 7 days	Substantial
22 ¾ hours stationary rest in 7 days	Severe
22 ½ hours stationary rest in 7 days	Critical
<b>Night rest breaks with less than ...</b>	<b>Category</b>
7 hours stationary rest in 14 days	Minor
6 ¼ hours stationary rest in 14 days	Substantial
5 ¾ hours stationary rest in 14 days	Severe
5 ½ hours stationary rest in 14 days	Critical

Standard Hours – Two-Up Driver	
Consecutive night rest breaks with less than ...	
7 hours stationary rest in 14 days	Minor
6 ¼ hours stationary rest in 14 days	Substantial
5 ¾ hours stationary rest in 14 days	Severe
5 ½ hours stationary rest in 14 days	Critical
Rest 24 hours (stationary in blocks of at least 7 hours continuous)	
Less than 24 hours rest in blocks of 7 hours continuous rest in 7 days	Minor
Less than 7 hours stationary rest in 7 days	Minor
Less than 23 ¼ hours rest in blocks of 7 hours continuous rest in 7 days	Substantial
Less than 6 ¼ hours stationary rest in 7 days	Substantial
Less than 22 ¾ hours rest in blocks of 7 hours continuous rest in 7 days	Severe
Less than 5 ¾ hours stationary rest in 7 days	Severe
Less than 22 ½ hours rest in blocks of 7 hours continuous rest in 7 days	Critical
Less than 5 ½ hours stationary rest in 7 days	Critical

BFM Hours – Solo Driver	
Work more than ...	
6 hours in 6 ¼ hours	Minor
8 ½ hours in 9 hours	Minor
11 hours in 12 hours	Minor
11 ¾ hours in 12 hours	Substantial
14 hours and up to 14 ¾ hours in 24 hours	Minor
14 ¾ hours and up to 15 ¼ hours in 24 hours	Substantial
15 ¼ hours and up to 15 ½ hours in 24 hours	Severe
15 ½ hours in 24 hours	Critical

BFM Hours – Solo Driver	
36 long/night hours in 7 days	Minor
36 ¾ long/night hours in 7 days	Substantial
37 ¼ long/night hours in 7 days	Severe
37 ½ long/night hours in 7 days	Critical
144 hours and up to 145 ½ hours in 14 days	Minor
145 ½ hours and up to 146 ½ hours in 14 days	Substantial
146 ½ hours and up to 147 hours in 14 days	Severe
147 hours in 14 days	Critical
Rest (continuous) less than ...	
7 hours stationary rest in 24 hours	Minor
6 ¼ hours stationary rest in 24 hours	Substantial
5 ¾ hours stationary rest in 24 hours	Severe
5 ½ hours stationary rest in 24 hours	Critical
24 hours stationary rest after no more than 84 hours work in 14 days	Minor
23 ¼ hours stationary rest after no more than 84 hours work in 14 days	Substantial
22 ¾ hours stationary rest after no more than 84 hours work in 14 days	Severe
22 ½ hours stationary rest after no more than 84 hours work in 14 days	Critical
24 hours stationary rest in 14 days	Minor
23 ¼ hours stationary rest in 14 days	Substantial
22 ¾ hours stationary rest in 14 days	Severe
22 ½ hours stationary rest in 14 days	Critical
Night rest breaks with less than ...	
7 hours stationary rest in 14 days	Minor
6 ¼ hours stationary rest in 14 days	Substantial
5 ¾ hours stationary rest in 14 days	Severe
5 ½ hours stationary rest in 14 days	Critical

BFM Hours – Solo Driver	
Consecutive night rest breaks with less than ...	
7 hours stationary rest in 14 days	Minor
6 ¼ hours stationary rest in 14 days	Substantial
5 ¾ hours stationary rest in 14 days	Severe
5 ½ hours stationary rest in 14 days	Critical

BFM Hours – Two-Up Driver	
Work more than ...	Category
14 hours and up to 14 ¾ hours in 24 hours	Minor
14 ¾ hours and up to 15 ¼ hours in 24 hours	Substantial
15 ¼ hours and up to 15 ½ hours in 24 hours	Severe
15 ½ hours in 24 hours	Critical
70 hours and up to 71 ½ hours in 7 days	Minor
71 ½ hours and up to 72 ½ hours in 7 days	Substantial
72 ½ hours and up to 73 hours in 7 days	Severe
73 hours in 7 days	Critical
140 hours and up to 141 ½ hours in 14 days	Minor
141 ½ hours and up to 142 ½ hours in 14 days	Substantial
142 ½ hours and up to 143 hours in 14 days	Severe
143 hours in 14 days	Critical
Rest (continuous) less than ...	
10 hours stationary rest in 82 hours	Minor
9 ¼ hours stationary rest in 82 hours	Substantial
8 ¾ hours stationary rest in 82 hours	Severe
8 ½ hours stationary rest in 82 hours	Critical
24 hours stationary rest in 7 days	Minor
23 ¼ hours stationary rest in 7 days	Substantial

BFM Hours – Two-Up Driver	
22 ¾ hours stationary rest in 7 days	Severe
22 ½ hours stationary rest in 7 days	Critical
4 x night rest breaks with less than ...	
7 hours stationary rest in 14 days	Minor
6 ¼ hours stationary rest in 14 days	Substantial
5 ¾ hours stationary rest in 14 days	Severe
5 ½ hours stationary rest in 14 days	Critical
Rest 24 hours (stationary in blocks of at least 7 hours continuous)	
Less than 24 hours rest in blocks of 7 hours continuous rest in 7 days	Minor
Less than 7 hours stationary rest in 7 days	Minor
Less than 23 ¼ hours rest in blocks of 7 hours continuous rest in 7 days	Substantial
Less than 6 ¼ hours stationary rest in 7 days	Substantial
Less than 22 ¾ hours rest in blocks of 7 hours continuous rest in 7 days	Severe
Less than 5 ¾ hours stationary rest in 7 days	Severe
Less than 22 ½ hours rest in blocks of 7 hours continuous rest in 7 days	Critical
Less than 5 ½ hours stationary rest in 7 days	Critical

AFM Hours – Thresholds for Escalated Risk Contraventions	
In any period of 24 hours	
A driver must not work for more than	
15 ½ hours work time	
A driver must not rest for less than	
7 continuous hours stationary rest time (or in the case of a driver who is a party to a two-up driving arrangement, 7 continuous hours of stationary rest time or rest time in an approved sleeper berth while the vehicle is moving)	
In any period of 14 days (336 hours)	
A driver must not work for more than	
154 hours work time	

<b>A driver must not rest for less than</b>
30 continuous hours stationary rest time that includes the periods 12am to 6am on a day and 12am to 6 am on the following day, using the time zone of the driver's base.
<b>In any period of 28 days (672 hours)</b>
<b>A driver must not work for more than</b>
288 hours work time

AFM Hours – Categories of Contraventions for Escalated Risk Contraventions	
In any period of less than 7 days	Category
<b>If the driver has exceeded the maximum work time by</b>	
Up to and including 15 minutes	Substantial
More than 15 minutes and up to 30 minutes	Severe
More than 30 minutes	Critical
<b>If the driver has had less than the minimum rest time by</b>	
Up to and including 15 minutes	Substantial
More than 15 minutes and up to 30 minutes	Severe
More than 30 minutes	Critical
<b>In any period of 28 days if the period is 7 days or more</b>	
<b>If the driver has exceeded the maximum work time by</b>	
Up to and including 30 minutes	Substantial
More than 30 minutes and up to 1 hour	Severe
More than 1 hour	Critical
AFM Hours – Categories of Other Contraventions cont.	
In any period of less than 7 days	Category
Up to and including 45 minutes	Minor
More than 45 minutes and up to 75 minutes	Substantial
More than 75 minutes and up to 90 minutes	Severe
More than 90 minutes	Critical

AFM Hours – Categories of Contraventions for Escalated Risk Contraventions	
If the driver has had less than the minimum rest time by	
Up to and including 45 minutes	Minor
More than 45 minutes and up to 75 minutes	Substantial
More than 75 minutes and up to 90 minutes	Severe
More than 90 minutes	Critical
In any period of 28 days if the period is 7 days or more	
If the period has exceeded the maximum work time by	
Up to and including 1 ½ hours	Minor
More than 1 ½ hours and up to 2 ½ hours	Substantial
More than 2 ½ hours and up to 3 hours	Severe
More than 3 hours	Critical

Exemption Hours	
In any period of less than 7 days	Category
Up to and including 45 minutes	Minor
More than 45 minutes and up to 75 minutes	Substantial
More than 75 minutes and up to 90 minutes	Severe
More than 90 minutes	Critical
If the driver has had less than the minimum rest time by	
Up to and including 45 minutes	Minor
More than 45 minutes and up to 75 minutes	Substantial
More than 75 minutes and up to 90 minutes	Severe
More than 90 minutes	Critical
In any period more than 7 days	
If the period has exceeded the maximum work time by	
Up to and including 1 ½ hours	Minor
More than 1 ½ hours and up to 2 ½ hours	Substantial

More than 2 ½ hours and up to 3 hours	Severe
More than 3 hours	Critical