

## Swapping between BFM and Standard Hours

The Heavy Vehicle National Law (HVNL) requires drivers to operate under only one work and rest option at any point in time, but it does allow drivers to change from BFM to Standard Hours (or vice versa).

Drivers who change from BFM to Standard Hours, or vice versa, must not drive a fatigue-regulated heavy vehicle unless either:

- The driver is compliant with all the work and rest requirements of the new work and rest option (i.e. Standard Hours), or
- The driver has had 48 continuous hours of rest.

### STEP BY STEP

#### 1. Ensure you comply with the option you want to work under

If you have been operating under BFM Hours but complying with the work and rest limits of Standard Hours, including all relevant periods, such as:

- 5 ½ hours
- 8 hours
- 11 hours
- 24 hours
- 7 and 14 days

you comply and can swap to Standard Hours immediately.

**NOTE:** Check Step 2 for advice on how to record the swap in your work diary.



#### 2. If you comply, record the change in your work diary

If you can swap from BFM Hours to Standard Hours on a calendar day, you must record the information for the part of the day after the swap on the next daily sheet in the written work diary.

If you are using an approved electronic work diary (EWD), you must record the change according to the instructions for the EWD you are using.

#### 3. If you don't comply, rest for 48 continuous hours

If you have been working BFM Hours and are unable to comply with Standard Hours, you must rest for 48 continuous hours (ie. take a reset rest break).

You can operate under Standard Hours from the end of the reset rest break.

Alternatively, if you are working for an operator who is accredited in BFM, you can continue to operate under BFM Hours but comply with the work and rest limits for Standard Hours.

#### 4. Counting time after a reset rest break

The period to which the new work and rest hours option applies must be counted forward from the end of the reset rest break.

#### For more information:

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Email: [info@nhvr.gov.au](mailto:info@nhvr.gov.au)  
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