

FITNESS FOR WORK DAILY CHECK LIST

Has the driver:

<ul style="list-style-type: none">• Had a seven hour minimum continuous sleep break in the last 24 hours with at least a minimum uninterrupted six hours of sleep (longer is better)? If not, their risk of fatigue has increased significantly and they must not be driving.
<ul style="list-style-type: none">• Had more than 27 hours, non-work time (rest) in the last 72 hours?
<ul style="list-style-type: none">• Scheduled at least 20 minutes rest for each five hours of work - at least 10 minutes of which must be taken during each five hours? Rest should not be stored until the end of the trip.
<ul style="list-style-type: none">• Had two days (48 hours) off work in 14 days?
<ul style="list-style-type: none">• Presented fit for work, without impairment from over the counter medication, alcohol, and illegal drugs or accumulated sleep loss?
<ul style="list-style-type: none">• An appropriate (sleeper berth) truck for the journey? (ADR 42)
<ul style="list-style-type: none">• Been medically assessed and hold a current/appropriate drivers' medical certificate? If not, do not undertake the journey.
<ul style="list-style-type: none">• Exceeded 168 hours work time in 12 days? If yes, do not undertake the journey.
<ul style="list-style-type: none">• A valid current licence for this class of vehicle?