

# HGV Drivers' Hours Explained

**MHF**  
by MHF Trucks Ltd.



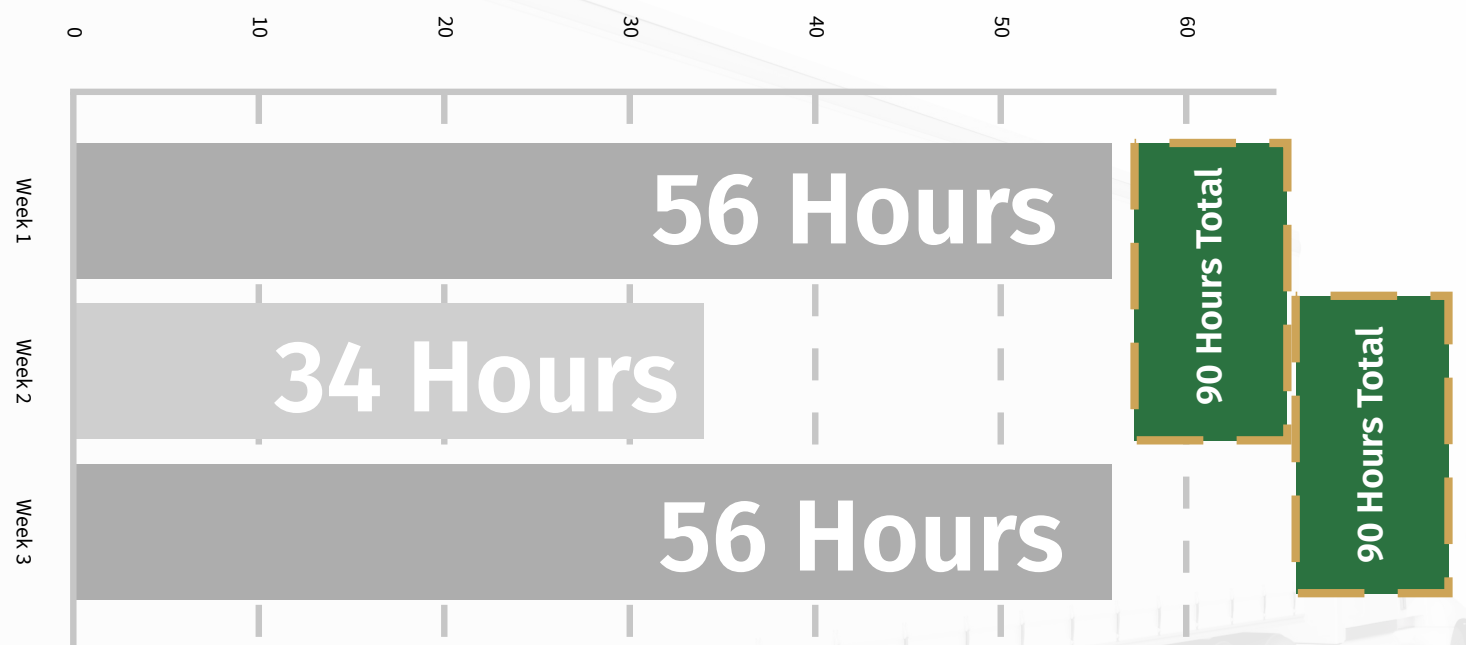
## Maximum daily driving hours



## Weekly Driving Planner (56hrs)



**OVER ANY TWO CONSECUTIVE WEEKS, AN HGV DRIVER MUST NOT EXCEED 90 HOURS OF DRIVING.**



- Take 45 min in one block, or
- Split: 15 min + 30 min (minimum).
  - Break = rest only (no other duties).
  - Breaks <15 min don't count (and don't add driving time).

**AFTER 4.5H DRIVING**  
→ 45 MIN BREAK.

**45 Hours** = Maximum permitted average weekly working time

- Over any two consecutive weeks, total driving time must not exceed 90 hours.
- This means if one week reaches the maximum of 56 hours, the following week can only total 34 hours.
- The same balance continues over longer periods, ensuring drivers don't average more than 45 hours per week across each fortnight.