

RECORD OF HOURS OF REST OF SEAFARERS ⁽¹⁾

Name of Ship: _____ IMO number (if any): _____ Flag of Ship: _____

Seafarer (full name): _____ Position/rank: _____

Month and Year: _____ Watchkeeper (2): Yes no

Record of hours of rest

Please mark periods of rest, as applicable, with X, or using a continuous line or arrow.

COMPLETE THE TABLE ON THE REVERSE SIDE

The following national laws, regulations and / or collective agreements governing limitations on minimum rest periods apply to the ship:
The Merchant Shipping (Hours of Work) Regulations 2002, _____

I agree that this record is an accurate reflection of the hours of rest of the seafarer concerned.

Name of master or person authorised by master to sign this record: _____

Signature of master or authorised person: _____ Signature of seafarer: _____

A copy of this record is to be given to the seafarer.

This form is subject to examination and endorsement under
procedures established by the
UK Maritime and Coastguard Agency.

(1) The terms used in this table are to appear in the working language or languages of the ship and in English.
(2) Tick as appropriate.

Record of Rest Periods

Please mark periods of rest, as applicable, with an X, or using a continuous line or arrow																								Hours of Rest in 24-hour period	Comment	Not to be completed by the seafarer ⁽¹⁾																																													
Hours	0	0	1	0	2	0	3	0	4	0	5	0	6	0	7	0	8	0	9	1	0	1	1			2	1	3	1	4	1	5	1	6	1	7	1	8	1	9	2	0	2	1	2	2	2	3	2	4	Date	Hours of Rest in 24-hour period ⁽²⁾	Hours of rest, in any 24-hour period ⁽²⁾	Hours of rest, in any 7-day period ⁽²⁾																	
Hours	0	0	1	0	2	0	3	0	4	0	5	0	6	0	7	0	8	0	9	1	0	1	1	2	1	3	1	4	1	5	1	6	1	7	1	8	1	9	2	0	2	1	2	2	2	3	2	4																							
Date																																																																							

- (1) For completion and use in accordance with the procedures established by the competent authority in compliance with the relevant requirements of the ILO Convention No 180 on Seafarers' Hours of Work and the Manning of Ships Convention 1996.
- (2) Additional calculations or verifications may be necessary to ensure compliance with the relevant requirements of ILO Convention No 180 on Seafarers' Hours of Work and the Manning of Ships Convention, 1996