

### RECORD OF HOURS OF WORK & REST

Name of Vessel: \_\_\_\_\_ IMO Number: \_\_\_\_\_

Seafarer (full name): \_\_\_\_\_ Position / Rank: \_\_\_\_\_

Month and Year: \_\_\_\_\_ Watchkeeper: Yes  No

*Please mark working hours to the nearest half hour below with an 'X', or using a continuous line or arrow.*

| Hours of Work          |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |   | Hours of Rest<br>(in 24hrs) | Comments | Not to be completed by the seafarer<br>(Note 1)                           |  |  |  |  |  |  |
|------------------------|---|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|---|-----------------------------|----------|---|--|--|--|--|--|--|
| Hours<br>-----<br>Date | 0 | 01 | 02 | 03 | 04 | 05 | 06 | 07 | 08 | 09 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | Hours of Rest<br>in any 24 hour period<br>(not less than 10hrs)<br>(Note 2) |                             |          | Hours of Rest<br>in any 7 day period<br>(not less than 77hrs)<br>(Note 2) |  |  |  |  |  |  |
| 1st                    |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |   |                             |          |   |  |  |  |  |  |  |
| 2nd                    |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |   |                             |          |   |  |  |  |  |  |  |
| 3rd                    |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |   |                             |          |   |  |  |  |  |  |  |
| 4th                    |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |   |                             |          |   |  |  |  |  |  |  |
| 5th                    |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |   |                             |          |   |  |  |  |  |  |  |
| 6th                    |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |   |                             |          |   |  |  |  |  |  |  |
| 7th                    |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |   |                             |          |   |  |  |  |  |  |  |
| 8th                    |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |   |                             |          |   |  |  |  |  |  |  |
| 9th                    |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |   |                             |          |   |  |  |  |  |  |  |
| 10th                   |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |   |                             |          |   |  |  |  |  |  |  |
| 11th                   |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |   |                             |          |   |  |  |  |  |  |  |
| 12th                   |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |   |                             |          |   |  |  |  |  |  |  |
| 13th                   |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |   |                             |          |   |  |  |  |  |  |  |
| 14th                   |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |   |                             |          |   |  |  |  |  |  |  |
| 15th                   |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |   |                             |          |   |  |  |  |  |  |  |
| 16th                   |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |   |                             |          |   |  |  |  |  |  |  |
| 17th                   |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |   |                             |          |   |  |  |  |  |  |  |
| 18th                   |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |   |                             |          |   |  |  |  |  |  |  |
| 19th                   |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |   |                             |          |   |  |  |  |  |  |  |
| 20th                   |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |   |                             |          |   |  |  |  |  |  |  |
| 21st                   |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |   |                             |          |   |  |  |  |  |  |  |
| 22nd                   |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |   |                             |          |   |  |  |  |  |  |  |
| 23rd                   |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |   |                             |          |   |  |  |  |  |  |  |
| 24th                   |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |   |                             |          |   |  |  |  |  |  |  |
| 25th                   |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |   |                             |          |   |  |  |  |  |  |  |
| 26th                   |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |   |                             |          |   |  |  |  |  |  |  |
| 27th                   |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |   |                             |          |   |  |  |  |  |  |  |
| 28th                   |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |   |                             |          |   |  |  |  |  |  |  |
| 29th                   |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |   |                             |          |   |  |  |  |  |  |  |
| 30th                   |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |   |                             |          |   |  |  |  |  |  |  |
| 31st                   |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |   |                             |          |   |  |  |  |  |  |  |

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

Name / Signature of Master or Authorised Person: \_\_\_\_\_ Signature of Seafarer: \_\_\_\_\_

(Note 1) For completion and use in accordance with the procedures established by the flag state of the Vessel in compliance with the relevant requirements of ILO Convention No. 180 and MLC 2006.

(Note 2) Additional calculations or verifications may be necessary to ensure compliance with the relevant requirements of ILO Convention No. 180 and STCW 1978, as amended.

(Note 3) Time spent waiting for guests to return may be considered as rest hours if the seafarer is genuinely resting (for example: reading books / magazines or watching TV / DVDs)