

Regulation (EC) No 561/2006 of the European Parliament and of the Council of 15 March 2006 on the harmonisation of certain social legislation relating to road transport and amending Council Regulations (EEC) No 3821/85 and (EC) No 2135/98 and repealing Council Regulation (EEC) No 3820/85 (Text with EEA relevance)

CHAPTER II

CREWS, DRIVING TIMES, BREAKS AND REST PERIODS

Article 7

After a driving period of four and a half hours a driver shall take an uninterrupted break of not less than 45 minutes, unless he takes a rest period.

This break may be replaced by a break of at least 15 minutes followed by a break of at least 30 minutes each distributed over the period in such a way as to comply with the provisions of the first paragraph.

[^{F1}A driver engaged in multi-manning may take a break of 45 minutes in a vehicle driven by another driver provided that the driver taking the break is not involved in assisting the driver driving the vehicle.]

Textual Amendments

- F1** Inserted by [Regulation \(EU\) 2020/1054 of the European Parliament and of the Council of 15 July 2020 amending Regulation \(EC\) No 561/2006 as regards minimum requirements on maximum daily and weekly driving times, minimum breaks and daily and weekly rest periods and Regulation \(EU\) No 165/2014 as regards positioning by means of tachographs.](#)

Changes to legislation:

There are currently no known outstanding effects for the Regulation (EC) No 561/2006 of the European Parliament and of the Council, Article 7.