

Record of hours of rest of seafarers

Name of ship:	Signal letters:
Flag of ship:	IMO-number, if any:
Seafarer (full name):	Position/rank:
Month and year:	Watch duties <input type="checkbox"/> Yes <input type="checkbox"/> No
<p>Record of hours of rest Mark periods of rest using a continuous line or arrow. Complete the table on page 2.</p>	
<p>The following national laws, regulations and/or collective agreements governing limitations of minimum rest periods apply to this ship:</p>	
<p>I agree that this record is an accurate reflection of the hours of rest of the seafarer concerned.</p>	
<p>----- Name of Master or person authorized by master to sign this record</p>	<p>----- Signature of master or authorized person</p>
	<p>----- Signature of seafarer</p>
<p>A copy of this record is to be given to the seafarer and to the company</p> <p>This form is subject to examination and endorsement under procedures established by the Norwegian Maritime Directorate</p>	

Year/Month (yyyy/mm):		Please mark periods of rest using a continuous line or arrow																								Not to be completed by the seafarer ¹													
Hours		0	01	02	03	04	05	06	07	08	09	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	Hours of rest in 24-hour period	Comments	Hours of rest in any 24-hour period ²	Hours of rest, in any 7-day period ²									
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¹ For completion and use in accordance with the procedures established by the competent authority in compliance with the relevant requirements of ILO Convention No 180 on Seafarer's Hours of Work and the Manning of Ships Convention 1996.

² Additional calculations or verification may be necessary to ensure compliance with the relevant requirements of ILO Convention No 180 on Seafarer's Hours of Work and the Manning of Ships Convention 1996 and the International Convention on Standards of Training, Certification and Watchkeeping, 1978, as amended.