**MODEL FORMAT FOR RECORD OF HOURS OF REST OF SEAFARERS** (1)

Name of ship: IMO number (if any): Flag of ship: CYPRUS

Seafarer (full name): Position/rank:

Month and year: Watchkeeper (2): yes **□** no □

**Record of hours of work/rest**

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

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| **COMPLETE THE TABLE ON THE REVERSE SIDE** |

The following national laws, regulations and/or collective agreements governing limitations on minimum rest periods apply to this ship: MLC, 2006 Ratification Law of 2012 issued in conformity with the ILO Maritime Labour Convention, 2006 and with any applicable collective agreement registered or authorized in accordance with that Convention and with the STCW 1978 Convention, as amended.

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

Name of master or person authorized by master to sign this record:

Signature of master or authorized person: Signature of seafarer:

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

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

(2) Tick as appropriate.

Record of Hours of Rest-MLC,2006

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| Please mark periods of work or rest, as applicable, with an X, or using a continuous line or arrow | Hours of rest in24-hour period | Comments | Not to be completed by the seafarer (1) |
| Hours 0 | 0 0 | 1 0 | 2 0 | 3 0 | 4 0 | 5 0 | 6 0 | 7 0 | 8 0 | 9 1 | 0 1 | 1 1 | 2 1 | 3 1 | 4 1 | 5 1 | 6 1 | 7 1 | 8 1 | 9 2 | 0 2 | 1 2 | 2 2 | 2 3 | Hours of work oror rest, asapplicable,in any 24-hourperiod (2) | Hours of workor rest, asapplicable,in any 7-dayperiod (2) |
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1. For completion and use in accordance with the relevant requirements of MLC, 2006 Ratification Law of 2011 and of the ILO Maritime Labour Convention, 2006.
2. Additional calculations and verifications may be necessary to ensure compliance with the relevant requirements of MLC, 2006 and STCW’78 as amended.