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.

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

Please mark periods of work or rest, as applicable, with an X, or using a continuous line or arrow	Hours of rest in 24-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 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 or or rest, as applicable, in any 24-hour period ([2])	Hours of work or rest, as applicable, in any 7-day period ([2])
Date				
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 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				

(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.