

TABLE OF SHIPBOARD WORKING ARRANGEMENTS (1)Name of ship:Flag of ship :IMO number (if any):

Latest update of table :

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The rest periods have to be in accordance with the provision of Law and the accompanying Royal order on hours of work in transport.

Crewmembers, the captain included, of 18 years of age and older shall have at least 10 hours rest in any 24 hour period, to be calculated from the start of the rest period. The rest period may be divided in not more than two periods of which one shall contain a continuous period of rest of at least 6 hours. In this case the 24 hour period shall be calculated from the beginning of the longest rest period enjoyed. The time between two consecutive periods of rest shall never exceed 14 hours. A minimum of 77 hours of rest shall be enjoyed every 7 day period.

Crewmembers of 16 and 17 years of age shall be limited to a working time of 8 hours in any 24 hour period. The minimum hours of rest for these youthful crewmembers shall be at least 12 hours in any 24 hour period of which at least 9 hours shall be consecutive and shall cover at least the period between 0000 hours and 0500 hours . If the youthful crewmember on behalf of watchkeeping arrangements is actually running watches during those hours it is allowed to expand the working time to 12 hours in any consecutive 24 hour period. If this is necessary for training purpose the youthful crew member may be allowed to work between 0000 hours nad 0500 hours. The maximum hours of work for youthfull crew members shall never exceed 40 hours in 7 days.

Position/rank (2)	Scheduled daily work hours at sea			Scheduled daily work hours in port		Comments	Total daily rest hours	
	Watchkeeping (from-to)		Non-watchkeeping duties (from-to) (3)	Watchkeeping (from-to)	Non-watchkeeping duties (from-to) (3)		At sea	In port
MASTER	08.00 - 12.00	20.00 - 00.00	12.00 - 16.00		06.00 - 18.00		12	12
CH.OFFICER	04.00 - 08.00	16.00 - 20.00	08.00 - 12.00		06.00 - 18.00		12	12
2ND OFFICER	00.00 - 04.00	12.00 - 16.00	08.00 - 12.00	00.00-06.00 / 12.00-18.00			12	12
2ND OFFICER	08.00 - 12.00	20.00 - 24.00	13.00 - 17.00	06.00-12.00 / 18.00-24.00			12	12
APPR.OFFICER	08.00 - 12.00	16.00 - 20.00	08-12, 13-17				8	8
BOSUN			06-12, 13 - 17		06.00 - 18.00		10	12
A.B WATCH	04.00 - 08.00	16.00 - 20.00	08.00 - 12.00	00.00-06.00 / 12.00-18.00			12	12
A.B WATCH	00.00 - 04.00	12.00 - 16.00	08.00 - 12.00	06.00-12.00 / 18.00-24.00			12	12
A.B WATCH	08.00 - 12.00	20.00 - 24.00	13.00 - 17.00	00.00-06.00 / 12.00-18.00			12	12
A.B DAYMAN			08-12, 13-17	06.00-12.00 / 18.00-24.00			8	12
O.S			06-12, 13-17		06.00-12.00 / 13.00-17.00		10	10
O.S			06-12, 13-17		06.00-12.00 / 13.00-17.00		10	10
COOK			06-13, 15-18		06.00-13.00 / 15.00-18.00		10	10
MESS BOY			06-13, 15-18		06.00-13.00 / 15.00-18.00		10	10
MESS BOY			06-13, 15-18		06.00-13.00 / 15.00-18.00		10	10

(1) The termine used to this model are to appear in the working language or languages of the ship and in English. All noted times in the columns are ment to be examples.

(2) For those positions/ranks that are also listed in the ship's safe manning document, the terminology used should be the same as in that document.

(3) For watchkeeping personel, the comment section may be used to indicate the anticipated number of hours to be devoted to unscheduled work and any such hours should be included in the appropriate total daily work hours column.