

## Record of hours of rest for seafarers

Seafarer (full name):	Date of birth:	Position/rank:
Month and year:	Watch duties: <input type="checkbox"/> Yes <input type="checkbox"/> No	
Name of ship:	Signal letters:	
Flag of ship:	IMO-number:	
<p><b>Mark hours of rest in the record on page 2 following every 24-hour period.</b>          The first 24-hour period starts when your watch/work starts and lasts until the same time the following day.          The provisions of minimum hours of rest applies in any 24-hour period.</p>		
<p>The following national laws, regulations and/or collective agreements governing limitations of minimum rest periods apply to this ship:</p>		
<p>I confirm that this record is an accurate reflection of the hours of rest of the seafarer concerned.</p>		
<p>.....  <i>Name of Master or person authorized by master to sign this record,          in printed letters.</i></p>		<p>.....  <i>Signature of Master or authorized person</i></p>
		<p>.....  <i>Signature of seafarer</i></p>
<p>A copy of this record is to be given to the seafarer and to the company.          The form must be kept on board for at least 6 months and by the company for at least 3 years after it has been filled in and signed.          This standard form has been checked and approved in compliance with the procedure laid down by the Norwegian Maritime Authority.</p>		

