

Rest hours

STCW 2010

Month

Vessel

Samlaða hvíld yvir 6 teir seinastu dagarnar seinasta mánaðin /
Total rest during last 6 days in previous month

Date	Work day start	Resting periods				Extra resting period		24-hours rest			24 hrs total	Total extra rest	7 days total	Total rest	Remarks
		A		B											
		from	- to	from	- to	from	- to	from	- to						

Name

Rank

Master

Seafarer's
Signature

Master's
signature