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Applying for a different rest period

Heruntergeladen am 26.07.2025

<https://fimportal.de/xzufi-services/393907124/L100008>

| Modul | Sachverhalt |
|---------------------------|---|
| Leistungsschlüssel | 99006004017000 |
| Leistungsbezeichnung I | Applying for a different rest period |
| Leistungsbezeichnung II | Applying for a different rest period |
| Typisierung | 2/3 - Bund: Regelung (2 oder 3), Land/Kommune: Vollzug |
| Quellredaktion | Sachsen-Anhalt |
| Freigabestatus Katalog | unbestimmter Freigabestatus |
| Freigabestatus Bibliothek | fachlich freigegeben (gold) |
| Begriffe im Kontext | |
| Leistungstyp | Leistungsobjekt mit Verrichtung |
| Leistungsgruppierung | Arbeitsschutz (006) |
| Verrichtungskennung | Bewilligung (017) |
| SDG-Informationsbereich | Gesetzlich oder durch Rechtsverordnung geregelte Beschäftigungsbedingungen — auch für entsandte Arbeitnehmer — (einschließlich Informationen über Arbeitsstunden, bezahlten Urlaub, Urlaubsansprüche, Rechte und Pflichten bei Überstunden, Gesundheitskontrollen, Beendigung von Verträgen, Kündigung oder Entlassungen) |

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| Lagen Portalverbund | Sonderregelungen der Arbeitszeit (2030700) |
| Einheitlicher Ansprechpartner | Nein |
| Fachlich freigegeben am | 28.10.2022 |
| Fachlich freigegeben durch | Federal Ministry of Labor and Social Affairs (BMAS) |
| Handlungsgrundlage | https://www.gesetze-im-internet.de/arbzg/_15.html https://www.gesetze-im-internet.de/arbzg/_15.html |
| Teaser | Under certain conditions, as an employer you can obtain permission for employees in your company to have rest periods that deviate from working time regulations. |
| Volltext | <p>In principle, employees have their tried and tested 8-hour day. After the end of the working day, employees are entitled to an uninterrupted rest period of 11 hours. Under certain conditions, as an employer you can have rest periods for employees in your company that deviate from working time regulations approved by the competent supervisory authority in your federal state, namely</p> <ul style="list-style-type: none"> • for standby duty, on-call duty and on-call duty in the public sector, if there are special circumstances, for example for winter services, and • twice within 3 weeks for shift work in order to achieve a regular weekly shift change. This applies both to the rest period after work on weekdays and after work on Sundays and public holidays. <p>You are not entitled to an exemption permit.</p> |
| Erforderliche Unterlagen | <ul style="list-style-type: none"> • Risk assessment (in particular with regard to mental stress due to the different position of the rest period) • Statement from the company doctor • Statement from the works council (if available) • Proof that flexible deployment of employees is necessary either for reasons of public safety and order or for the provision of services of general interest • Schedules for night shifts, showing in particular the opportunities for breaks • Proof that the deviating rest period enables a regular |

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| | <p>weekly shift change</p> <p>The responsible occupational health and safety office can request further information and documents if required.</p> |
| Voraussetzungen | <ul style="list-style-type: none"> Your employees are employees on standby, on-call duty or on-call duty in the public service of general interest or public safety and order. |
| Kosten | |
| Verfahrensablauf | |
| Bearbeitungsdauer | |
| Frist | |
| weiterführende Informationen | |
| Hinweise | |
| Rechtsbehelf | |
| Kurztext | <ul style="list-style-type: none"> Deviation from regulations on rest periods Approval An application must be made for a rest period that deviates from the Working Hours Act authorization is only granted under certain conditions the permit is limited in time Responsible: local authority responsible for occupational health and safety |
| Ansprechpunkt | Please contact the State Office for Consumer Protection. |
| Zuständige Stelle | |
| Formulare | |
| Ursprungsportal | Abweichende Ruhezeit beantragen, Applying for a different rest period |