

MLC 2006 work-rest record

M/Y NORTHERN LUX · Crew CE-04 (Second Engineer) · 2026-05-01 ' 2026-05-30

STCW 2010 (Manila Amendments) Reg. VIII/1 + MLC 2006 A2.3 §5

SAMPLE EXPORT — all data invented. Use as a reference for the format MYACHT produces; not a real vessel or crew record.

Daily totals (30-day window)

Day	Work (h)	Rest (h)	On-call (h)	7-day rest	Status
01 May	12.4	11.3	0.7	—	OK
02 May	10.2	13.4	0.3	—	OK
03 May	10.4	13.2	1.5	—	OK
04 May	11.5	12.1	1.4	—	OK
05 May	12.6	11.1	0.6	—	OK
06 May	12.3	11.7	0.0	—	OK
07 May	11.4	12.0	0.5	84.8	OK
08 May	13.8	9.2	0.9	82.7	EXCEPTION
09 May	12.6	10.9	2.0	80.3	OK
10 May	11.8	12.0	0.6	79.1	OK
11 May	12.1	11.8	1.7	78.8	OK
12 May	12.3	11.6	1.9	79.2	OK
13 May	11.2	12.6	0.2	80.1	OK
14 May	10.4	13.1	1.4	81.1	OK
15 May	12.1	11.4	0.3	83.3	OK
16 May	12.3	11.6	1.7	84.0	OK
17 May	11.4	12.1	0.6	84.2	OK
18 May	12.5	11.1	1.6	83.6	OK
19 May	10.7	12.9	1.7	84.9	OK
20 May	14.2	9.5	1.7	81.8	EXCEPTION
21 May	12.0	11.6	0.4	80.3	OK
22 May	12.6	11.1	0.7	80.0	OK
23 May	11.5	12.3	1.3	80.6	OK
24 May	10.1	13.5	1.2	81.9	OK
25 May	10.6	12.9	1.1	83.7	OK
26 May	11.9	11.9	1.9	82.7	OK
27 May	12.1	11.6	0.4	84.8	OK
28 May	10.2	13.2	1.4	86.4	OK
29 May	11.3	12.2	1.9	87.5	OK
30 May	11.0	12.6	0.5	87.8	OK

Exception notes

08 May
20 May

Generator alarm at 03:15; emergency callout 2h. MLC A2.3 §14 exception.
Guest embarkation overran to 02:30. Compensatory rest 2026-05-21.

Master's review

I have reviewed the work-rest record for the above period. Exceptions on 08 May and 20 May are attributable to a documented emergency and a documented guest embarkation respectively. Compensatory rest was applied. No pattern of non-compliance identified.

Signatures

Crew member

Master

CE-04 — Second Engineer

Capt. J. van der Meer