



No. 2007/Elect.(TRS)/225/7 Pt.

New Delhi, Dated 24.07.2025

General managers,
Indian Railways

Sub: Clarification w.r.t norms for out station rest of running staff.

From quite some time, the Zonal Railways have been seeking clarifications w.r.t. the duration of outstation rest to be given to the Loco Running staff and other running staff as there are six different types of outstation rest for running staff are in use by various lobbies over IR. The matter has been examined and in order to maintain uniformity in outstation rest conforming to extant rules, the following has been approved by Board:

As there are different practices going on in different Railways for outstation rest, the following norms (Type-II in CMS Application) may be followed across Indian Railways to maintain uniformity:

- a) 8 hours or more than 8 hours duty: 8 hrs' outstation rest.
- b) More than 5 hrs and less than 8 hrs duty: 6 hrs' outstation rest.
- c) Less than 5 hours duty : duty hours + 1 hour.

Necessary action may please be taken accordingly.

This issues with the approval of Board (M/T&RS and M/O&BD) and DG(HR).

(Tushar Saraswat)

Director/Traffic Transportation (POL)

Railway Board

☎011-23047491 and ✉dttpol@rb.railnet.gov.in

Copy to :

1. PCOMs, All Zonal Railways – for information and necessary action.
2. CRIS is advised to disable all other types of Outstation Rest in the CMS Application accordingly.

Room No. 152, Rail Bhawan, Raisina Road, New Delhi- 110001.