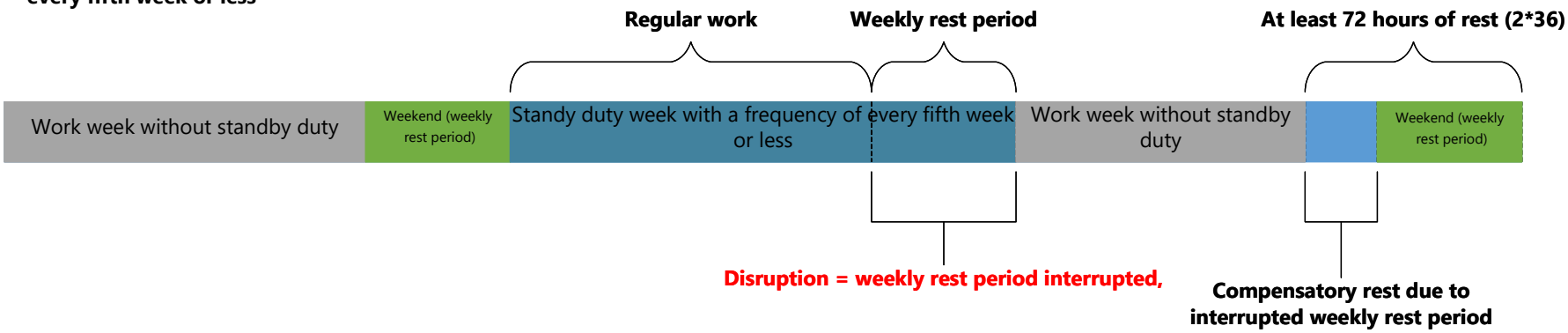Disrupted weekly rest period with standy duty every fifth week or less