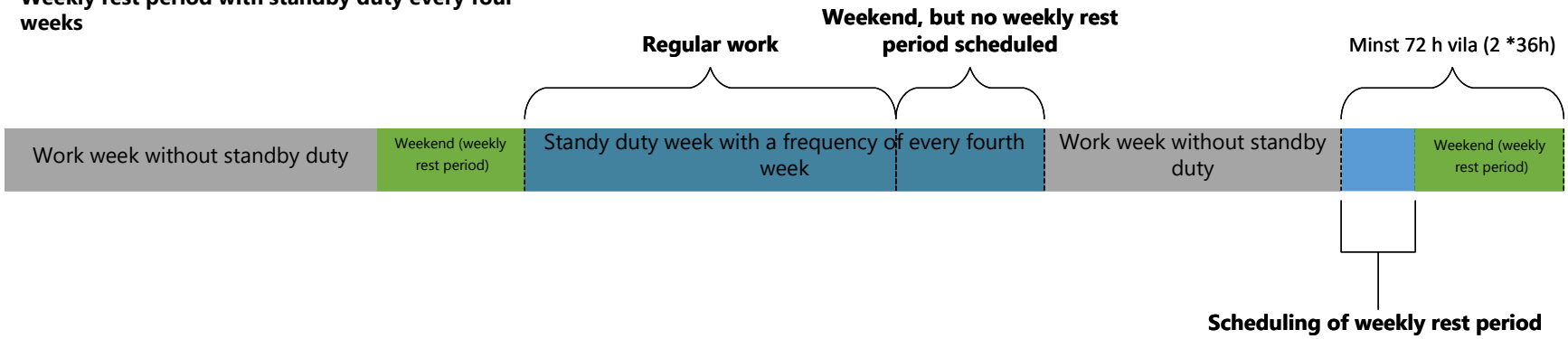Weekly rest period with standby duty every four weeks