Take a break and stay safe!

Better for you, better for your patients
- Breaks are there to protect you, your team and your patients
- Safe performance cannot be sustained over long periods of time
- To perform at your best, be fed, watered and rested

What to do
- Keep hydrated
- Plan breaks
- Protect breaks especially when shifts are busy
- Provide clean and comfortable rest areas
- Promote a culture that values rest and wellbeing for all

"Protecting and improving staff health is not a fluffy, cuddly thing to do, but rather a key enabler to support improvements in high quality care, patient satisfaction and improved efficiency". (Boorman, 2010)

For more information regarding wellbeing programmes in ED, please contact: Rebecca.Thorpe@uhbristol.nhs.uk

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