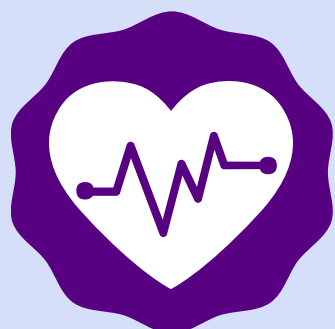


# YOU ARE **NOT** A SUPERHERO

YOUR PATIENTS NEED YOU RESTED



## **BREAKS ARE THERE TO PROTECT OUR PATIENTS**

It is not possible to sustain optimal function and performance over the whole shift



## **ASKING YOU TO WORK AT NIGHT COMES WITH RISKS WE MUST ALL UNDERSTAND**

We are not evolved to be awake and alert through the night. When we work against that there are immediate and long-term consequences for us and our patients

## **WHAT CAN YOU DO? \***



- Take your breaks
- Improve your core sleep
- Simple changes can make big differences
- Try a "screen ban" an hour before sleep
- Use caffeine with caution

## **WHAT CAN THE HOSPITAL DO? \***



- Recognise that tired staff are not safe
- Promote a rest and wellbeing culture
- Provide clean and comfortable break facilities
- Provide adequate rest facilities for night shifts

## **REMEMBER YOUR RIGHTS\***



Doctors in training are entitled to a second 30min break for any shift >9h. No break should be taken within the first hour or the end of the shift. If breaks are being missed these should be Exception Reported. A 15-20 min power nap on nights is well within your rights!

Emergency Medicine Trainees' Association  
\* more info: [emtraineesassociation.co.uk/rest](http://emtraineesassociation.co.uk/rest)

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