

Back to basics

for a healthy working environment

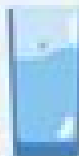
HYDRATION



Keeping hydrated is essential, particularly for those in safety critical areas. Dehydration can lead to decreased cognitive function and heat stress.¹



Being dehydrated impairs attention, psychomotor and memory skills by 2%.²



0.8% - 2% dehydration affects mental function by 10%.³

NUTRITION

Digestive problems are common in shift workers, due to disruption of the internal body clock and poor diet.⁴



2 out of 3 of core medical trainees worked at least one shift without eating a meal.⁵

SLEEP



207,000 working days are lost in UK every year to insufficient sleep.⁶



Power naps at work improve performance by 34% and alertness by 54%.⁷



Putting in boundaries at specific times of the day that are free of social media can reduce anxiety and aid better sleep.⁸



Shift workers often turn to stimulants such as coffee or cigarettes to keep them awake and sedatives such as alcohol or sleeping pills to help them sleep.⁹

BREAKS



of survey respondents said they did not get to take sufficient breaks on their last shift.¹⁰



of all respondents said they worked additional time, on average almost one hour extra.¹¹



of nursing staff do not take breaks, compared to 56% of hospital staff.¹²



NHS staff are entitled to a minimum break of 20 minutes if working longer than 6 hours.¹³



shifts carry an increased risk of accidents with twice the risk of accidents at around 12 hours compared to 8 hours.¹⁴



Breaks should be uninterrupted, away from the workstation, not taken at the start or end of the working day.¹⁵

FACILITIES



Junior doctors report a shortage of rest breaks, and a lack of facilities for resting, learning and engaging with their team.¹⁶



Suitable and sufficient sanitary conveniences and washing facilities should be provided at readily accessible places and workers should be able to use them without unreasonable delay.¹⁷

1. Welfare facilities for healthcare staff
2. Hydration Best Practice Making a difference 2018 National Patient Safety Agency
3. Hydration Best Practice Making a difference 2018 National Patient Safety Agency
4. Shift workers more likely to report poor health 2018
5. Being a Junior Doctor Royal College of Physicians
6. Why sleep matters - the economic costs of insufficient sleep Rand Corporation

7. The importance of sleep NHS Employers
8. Sleep in The Time of COVID-19 Advice for NHS Staff
9. HSE, Managing shift work
10. Safe and Effective Staffing Nursing Against the Odds
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17. Fatigue and sleep deprivation - the impact of different working patterns on doctors 2016
17. Welfare facilities for healthcare staff



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L Manion



Power Health Back To Basics:

Power Health Back To Basics Book Review: Unveiling the Magic of Language

In an electronic era where connections and knowledge reign supreme, the enchanting power of language has are more apparent than ever. Its capability to stir emotions, provoke thought, and instigate transformation is truly remarkable. This extraordinary book, aptly titled "**Power Health Back To Basics**," compiled by a very acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound impact on our existence. Throughout this critique, we shall delve into the book is central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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