

Back to basics

for a healthy working environment

Hydration

Being dehydrated impairs attention, psychomotor, and memory skills by 2%¹

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

Nutrition

Night shift work can cause digestive problems, obesity and poor health³

2/3 of core medical trainees worked at least one shift without eating a meal⁴

Sleep

200,000 Days

200,000 working days are lost in UK every year to insufficient sleep⁵

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Power naps at work improve performance by 34% and alertness by 54%.⁶



Fatigue and sleep deprivation affect error rates, quality of care and personal safety.⁷

16 18

After 16–18 hours awake, reaction times are the same as having one alcoholic drink⁸

Breaks

59%

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

69%

of nursing staff do not take breaks, compared to 56% of hospital staff¹⁰

8hr+

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

Facilities



Junior doctors report a shortage of rest breaks, and a lack of facilities for resting, learning and engaging with their team.⁴

1. Cognitive performance and dehydration (2012) Journal of American College of Nutrition

2. Hydration Best Practice Making a difference NHS National Patient Safety Agency

3. Shift workers more likely to report poor health NHS

4. Being a junior doctor Royal College of Physicians

5. Why sleep matters — the economic costs of insufficient sleep Rand Corporation

6. The importance of sleep NHS Employers

7. Fatigue and sleep deprivation – the impact of different working patterns on doctors (2018) British Medical Association

8. For nature cannot be fooled. Why we need to talk about fatigue Wiley Online Library

9. Shift Work and Extended Working Hours as Risk Factors for Occupational Injury. The Ergonomics Simo Salminen

10. Safe and Effective Staffing: Nursing Against the Odds Royal College of Nursing



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