

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

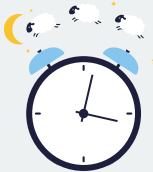
NUTRITION

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

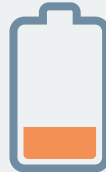


2 out of 3 of core medical trainees worked at least one shift without eating a meal.⁵

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

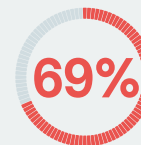
BREAKS



59% of survey respondents said they did not get to take sufficient breaks on their last shift.¹⁰



65% of all respondents said they worked additional time, on average almost one hour extra.¹¹



69% 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 NHS National Patient Safety Agency
3. Hydration Best Practice Making a difference NHS National Patient Safety Agency
4. Shift workers more likely to report poor health NHS
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
11. Safe and Effective Staffing: Nursing Against the Odds

12. Safe and Effective Staffing: Nursing Against the Odds
13. Working time and breaks
14. Safe and Effective Staffing: Nursing Against the Odds
15. Working time and breaks
16. Fatigue and sleep deprivation - the impact of different working patterns on doctors [2018]
17. Welfare facilities for healthcare staff



NHS Employers

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