

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



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

Nutrition

Digestive problems are common in shift workers, due to disruption of the internal body clock and poor diet.³

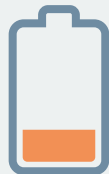


Irregular eating patterns have been linked to a higher risk of central obesity and impaired glucose tolerance.⁴

Sleep



207,000 working days are lost in UK every year to insufficient sleep.⁵



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

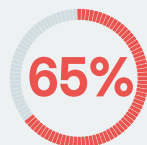


Sleep deprivation increases the risk of developing diseases such as obesity, type 2 diabetes, cardiovascular disease, anxiety, depression, and Alzheimer's disease.⁷

Breaks



59% of survey respondents said they did not get to take significant breaks on their last shift.⁸



65% of all respondents said they worked additional time, on average almost one hour extra.⁹



69% of nursing staff do not take breaks, compared to 56% of hospital staff.¹⁰



shifts carry an increased risk of accidents with twice the risk of accidents at around 12 hours compared with 8 hours.¹¹

Facilities



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.¹²



It is important to set a culture where the using of facilities and the taking of breaks is seen as an essential element of both staff wellbeing and patient safety.¹³

1 Welfare Facilities for Healthcare Staff
2 Hydration Best Practice Making a Difference NHS National Patient Safety Agency
3 Shift workers more likely to report poor health NHS
4 The Association of UK Dieticians
5 Why sleep matters – the economic cost of insufficient sleep Rand Corporation
6 The importance of sleep NHS Employers

7 Sleep, fatigue and the workforce NHS Employers
8 Safe and effective staffing: Nursing against the odds
9 Safe and effective staffing: Nursing against the odds
10 Safe and effective staffing: Nursing against the odds
11 Safe and effective staffing: Nursing against the odds
12 Welfare Facilities for Healthcare Staff
13 Welfare Facilities for Healthcare Staff