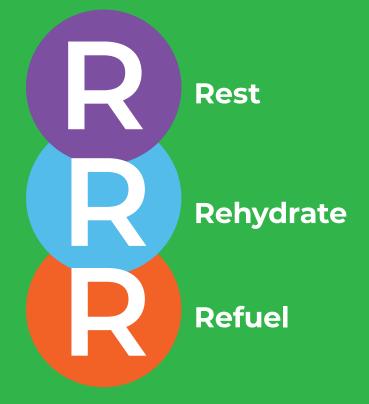


Give us a break!

Healthy workplace: safe patients



Breaks are not a luxury but an important means of preventing fatigue-related incidents. A missed break is a patient safety issue. Ensure nursing staff are able to take their rest breaks.

Dehydration leads to reduced cognition, which can impact on decision making. Dehydration in nursing staff is a patient safety issue. **Help nursing staff to stay hydrated during a shift.**

Eating a balanced diet is important for the nursing workforce, especially for those who work shifts. **Ensure nursing staff have easy access to healthy eating options at work.**

For further information and evidence on the benefits of a healthy workplace, visit **rcn.org.uk/healthy-workplace**