

Give us a break!

Healthy workplace: safe patients



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Rest

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.**



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Rehydrate

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.**



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Refuel

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](https://www.rcn.org.uk/healthy-workplace)