



# The Royal College of Emergency Medicine

## Safety Alert

March 2019

# Take a break and stay safe!



### Better for you, better for your patients

- Breaks are there to protect you, your team and your patients
- Safe performance cannot be sustained over long periods of time
- To perform at your best, be fed, watered and rested

### What to do

- Keep hydrated
- Plan breaks
- Protect breaks especially when shifts are busy
- Provide clean and comfortable rest areas
- Promote a culture that values rest and wellbeing for all

*“Protecting and improving staff health is not a fluffy, cuddly thing to do, but rather a key enabler to support improvements in high quality care, patient satisfaction and improved efficiency”. (Boorman, 2010)*

For more information regarding wellbeing programmes in ED, please contact:  
[Rebecca.Thorpe@uhbristol.nhs.uk](mailto:Rebecca.Thorpe@uhbristol.nhs.uk)

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