







HALT, take a break

Do you sometimes work for long hours without taking a break? This isn't healthy for you, your colleagues or your patients and it doesn't make you more productive. The **HALT campaign** encourages you to focus on your health and wellbeing by taking your breaks.

Why does this matter?

-  **Healthier for you**
you will feel calmer, more alert and more energised.
-  **Safer for patients**
if you are awake for more than 16 hours your reactions are similar to being over the drink-driving limit and you are more likely to make a mistake.
-  **Better for everyone**
if you are **Hungry**, **Angry**, **Late** or **Tired** you are less productive and it is difficult to make decisions effectively. Think HALT and take a break.

What can you do?

-  **Plan your breaks**
plan your breaks at the start of your day. Try not to work more than five hours without a 20 minute break.
-  **Work as a team**
plan your shifts and support each other to take your breaks. This is not about making you take a break at a time that is disruptive.
-  **Create a 'take a break' culture**
managers and team leaders should lead by example and create the right environment for you to take a break.

Working a night shift? See overleaf for some top tips.




Visit the *Showing we care about you* GTi pages for information about **HALT** and the support available to help you look after your health and wellbeing.

Taking a break at night




Taking a break is particularly important if you are working night shifts when lack of sleep and tiredness can affect both your physical and mental wellbeing.

There are some simple things that you can do to function effectively at night and ensure patient safety is not compromised.

What can you do?

-  **Eat well, keep hydrated**
try to stick to a normal eating pattern and maintain a balanced diet.
-  **Create the right atmosphere**
minimise light and noise disruption in clinical areas.
-  **Take short naps**
take a power nap of about 15-20 minutes during your break. Make use of eye masks and ear plugs.

What can managers do?

-  **Effective rota planning**
minimise frequent changes between day and night shifts.
-  **Hospital at night**
encourage a team-based approach to 'hospital at night' working, be flexible and prioritise work to allow undisturbed rest.
-  **Identify rest areas**
where night staff can take a rest. This could be quiet room with comfortable chairs – it is not about providing a bed.

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