

# 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.<sup>1</sup>



Factors such as the menopause, pregnancy and breast feeding, certain health conditions and wearing PPE for long periods, can also increase hydration needs.<sup>2</sup>

### Nutrition

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

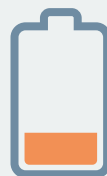


Irregular eating patterns have been linked to a higher risk of central obesity and impaired glucose tolerance<sup>4</sup>

### Sleep



**207,000** working days are lost in UK every year to insufficient sleep.<sup>5</sup>

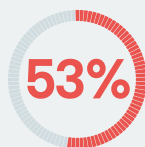


Power naps at work improve performance by **34%** and alertness by **54%**.<sup>6</sup>



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

### Breaks



**53%** of UNISON survey respondents said they are unable to take regular breaks and some say they never take a break.<sup>8</sup>



**40%** of NHS staff work up to five hours of unpaid overtime in an average week.<sup>9</sup>



**9 OUT OF 10** nurses reported having to work through their breaks.<sup>10</sup>



**8+ HOUR** shifts carry an increased risk of accidents with twice the risk of accidents at around 12 hours compared with 8 hours.<sup>11</sup>

### 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.<sup>12</sup>



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.<sup>13</sup>

1 Welfare Facilities for Healthcare Staff

2 Royal College of Nursing

3 UCLA Health

4 The Association of UK Dieticians

5 Why sleep matters – the economic cost of insufficient sleep Rand Corporation

6 Sleep foundation

7 Sleep, fatigue and the workforce NHS Employers

8 Unison

9 Statista

10 The mental health and wellbeing of nurses and midwives in the United Kingdom

11 Shift and night work and long working hours – a systematic review of safety implications

12 Welfare Facilities for Healthcare Staff

13 Welfare Facilities for Healthcare Staff