Give us a break!
Healthy workplace: safe patients

**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.**

**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.**

**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 our website: [www.rcn.org.uk/healthy-workplace](http://www.rcn.org.uk/healthy-workplace)