

are you a


Healthy Hero?

49%



of healthcare staff
admitted to drinking less than
one litre of water during a 12 hour shift

50%



of healthcare staff said that they either
felt completely unsupported or inadequately
supported following a traumatic incident, such
as being part of a resuscitation effort

52%

of healthcare staff
regularly get less than six
hours of sleep each night

**It is time
to look after
yourself.**

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