

## **Staff Handbook - Breaks**

### **General breaks**

Unless otherwise agreed, there are two set breaks each day and these are to be taken to ensure wellbeing and meet legal rest break requirements (i.e. 20 minutes for working 6 hours or more).

The break is taken in one go somewhere in the middle of the day (not at the beginning or end).

Workers are allowed to spend it away from their desk or workstation (i.e. away from where they actually work)

Within the clinic list, there will be a break from patients or you should agree with your manager when your break will be taken.

You will also be required to take a 24 hour break in each 7 day period as per legal requirements.

### **Other breaks**

There is no legal right to smoking breaks and breaks for medical reasons will need to be agreed with the HR manager following an occupational health appointment or relevant risk assessment.