

Debbie Good afternoon. My name's Debbie Green and I'm going to give you a short but hopefully [] to working at this hospital. I'll start with some guidelines about [] ... er, because a hospital environment can be stressful, and so we always encourage our staff to stay fit and have a healthy lifestyle. So ... just a few tips first. As you know, the key to good health is eating what we call 'a [] diet'; many people don't do this, however. For one thing, they don't eat enough [] or home-prepared food. When you feel [], it's often too easy to grab something quick, because you're []. Cooking a healthy meal takes longer, and this is often why people live on [] and fast food instead. Please – don't fall into this unhealthy trap.

Of course, you have to do a little [] and keep fit as well. I know you'll have a lot of work and may not have time to join a gym ... but consider how often you take the [] rather than the stairs, or how often you drive rather than []. Health wise, it may just be a question of doing things [] rather than starting a [].

In fact, being generally active is much healthier than doing lots of exercise just occasionally. As you know, this can be as risky for your heart as being inactive! As long as you do [] an hour's exercise [] – and some of you will do more than that at work – you'll find that you don't lie awake at night [] – and that's the main [] of exercise. Remember – this is a hospital, and you are [] to be the healthiest [] here!

Moving on to health and safety, I want to point out that it's quite OK to take a break any time that you're not busy. We know that when there's an _____ you may have to _____ that cup of tea or coffee in the canteen or wherever you go, but generally you shouldn't work for more than _____ without a break, otherwise your _____ levels will _____ and you could then make a careless _____

Another _____ issue is _____ You're all trained to clean your _____ at work, but remember that germs can live for a _____, so please make sure that you don't leave even a small amount of _____ around ... there are brooms in the _____, so use them. We do have cleaners, but they aren't always here when you need them, I'm afraid, and a little dirt can soon build up.