

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 things Health wise, it may just be a question of doing 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 [redacted] you may have to [redacted] that cup of tea or coffee in the canteen or wherever you go, but generally you shouldn't work for more than [redacted] without a break, otherwise your [redacted] levels will [redacted] and you could then make a careless [redacted]

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