

Wk	Mon	Tue	Wed	Thu	Fri	Sat	Sun
1	Stnd Day 09:00 17:00	Stnd Day 09:00 17:00	Stnd Day 09:00 17:00	Stnd Day 09:00 17:00	C: Night Shift 21:00 09:30	C: Night Shift 21:00 09:30	C: Night Shift 21:00 09:30
2	Zero Hours	Zero Hours	Stnd Day 09:00 17:00	Stnd Day 09:00 17:00	Stnd Day 09:00 17:00		
3	Stnd Day 09:00 17:00	Stnd Day 09:00 17:00	Stnd Day 09:00 17:00	Zero Hours	A: Long Day 09:00 21:30	E: Stnd Weeknd 09:00 17:00	E: Stnd Weeknd 09:00 17:00
4	Stnd Day 09:00 17:00	Stnd Day 09:00 17:00	Stnd Day 09:00 17:00	Stnd Day 09:00 17:00	Stnd Day 09:00 17:00		
5	C: Night Shift 21:00 09:30	C: Night Shift 21:00 09:30	C: Night Shift 21:00 09:30	C: Night Shift 21:00 09:30	Zero Hours		
6	Stnd Day 09:00 17:00	A: Long Day 09:00 21:30	Stnd Day 09:00 17:00	Stnd Day 09:00 17:00	Stnd Day 09:00 17:00		
7	A: Long Day 09:00 21:30	Stnd Day 09:00 17:00	Stnd Day 09:00 17:00	Stnd Day 09:00 17:00	Stnd Day 09:00 17:00		
8	Stnd Day 09:00 17:00	Stnd Day 09:00 17:00	A: Long Day 09:00 21:30	Stnd Day 09:00 17:00	Stnd Day 09:00 17:00		
9	Stnd Day 09:00 17:00	Stnd Day 09:00 17:00	Stnd Day 09:00 17:00	Stnd Day 09:00 17:00	Stnd Day 09:00 17:00		
10	Stnd Day 09:00 17:00	Stnd Day 09:00 17:00	Stnd Day 09:00 17:00	Stnd Day 09:00 17:00	Stnd Day 09:00 17:00	A: Long Day 09:00 21:30	A: Long Day 09:00 21:30
11	Zero Hours	Stnd Day 09:00 17:00	Stnd Day 09:00 17:00	Stnd Day 09:00 17:00	Stnd Day 09:00 17:00		
12	Stnd Day 09:00 17:00	Stnd Day 09:00 17:00	Stnd Day 09:00 17:00	Stnd Day 09:00 17:00	Stnd Day 09:00 17:00		
13	Stnd Day 09:00 17:00	Stnd Day 09:00 17:00	Stnd Day 09:00 17:00	A: Long Day 09:00 21:30	Stnd Day 09:00 17:00		

FY1 General Medicine Rota
Full Shift
Current Banding: 1A
Average Hours: 46.19

New Deal and EWTD – Natural Breaks
Natural Breaks (30 minutes after every 4 hours worked)

- 1 should be achieved in standard day shift (8 hours)
- 2 should be achieved in long day/night shift (12 hours)

When monitoring, NO rest should be entered.
Rest is not the same as NB

If you find that you are regularly working hours different to those opposite, are not receiving half days/ zero days or that you are not meeting the rest/natural break requirements specified please advise the Medical Workforce Team (contact e-mail above).