

Wk	Mon	Tue	Wed	Thu	Fri	Sat	Sun
1	A: Day 1 11:15 18:45	B: Day 2 08:30 16:30	A: Day 1 11:15 18:45	B: Day 2 08:30 16:30	A: Day 1 11:15 18:45		
2	B: Day 2 08:30 16:30	A: Day 1 11:15 18:45	B: Day 2 08:30 16:30	A: Day 1 11:15 18:45	B: Day 2 08:30 16:30		

Paediatrics FY1
Full Shift
Current Banding: Nil
Average Hours: 38:45

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).

