

Have you taken your breaks today?

If you are **Hungry**, **Angry**, **Late** or **Tired**, think **HALT** and take a break.



- **Healthier for you**
- **Safer for patients**
- **Better for everyone**

Find out how you and your team can work together to **HALT** and take a break – visit the **Showing we care about you** pages on *GTi*.