

Section	Standards Assessed
Rostering and rota design	<ul style="list-style-type: none"> • Impacts of the rota on fatigue and wellbeing • Limits on number of consecutive long shifts • Adequate rest between consecutive shifts • Clearly rostered breaks during shifts • Sufficient staffing levels to account for unexpected absence (e.g. sickness) and expected absence (e.g. annual leave)
Induction and training	<ul style="list-style-type: none"> • Education of junior doctors on sleep and night shift working • Screening for primary sleep disorders • Providing information on rest facilities • Encouraging staff to take their breaks
Common room or 'Mess'	<ul style="list-style-type: none"> • Appropriate facilities for staff to rest during shifts
Catering	<ul style="list-style-type: none"> • Catering facility open daily that serves a variety of food • Options for night shift workers to access hot food
Travel	<ul style="list-style-type: none"> • Sufficient parking that has a safe route to and from the hospital, with consideration for those who will be travelling after dark • Appropriate rest facility for doctors who feel unsafe to drive home, or alternative arrangements to be provided by the Trust
Rest facilities for doctors working on-call	<ul style="list-style-type: none"> • Adequate sleep facilities for staff who are working resident on-call at night

Supplemental Content Table 2: BMA Fatigue & Facilities Charter Standards Summary