

# CKW Staff Wellbeing

Improving staff wellbeing during COVID-19 | January 2022

The CKW Directorate has established several dedicated staff breakout zones and relaxation areas within Caboolture Hospital. Details on each zone are contained below, as well as information on complimentary meals for staff working an additional 8-hour shift.

## ZONE 1 – Meal breaks: Chapel and Wellness Centre

The Chapel is now operating as a breakout/quiet area for staff to use during meal breaks. Staff are required to sign-in and sign-out when entering and exiting the Chapel.

The Staff Wellness Centre can continue to be used by staff during meal breaks. Staff are welcome to use all appliances in this area, including the fridges and microwaves. Staff are required to sign-in and sign-out when entering and exiting the Wellness Centre.

The Courtyard is also available to staff to use during meal breaks.

## ZONE 2 – Relaxation: Education and Skills Centre

### Seminar Rooms 1 and 2

As a trial this coming weekend (29th and 30th January), Seminar Rooms 1 and 2 in the Education and Skills Centre will be available for staff to use as dedicated rest zones. There will be 6 mats available in this space with pillows and linen (sheets and blankets) for staff to use as needed.

Staff are asked to place all used linen in the linen bins provided and to wipe their mat and pillow after use.

Staff can use the appliances in the Education and Skills Centre, including the fridges, microwaves and tea/coffee making facilities. Additional tables and chairs have also been set-up in this area.

For staff who have access to the AH Department, one recliner will be available in the Audiology Department booth for staff relaxation. This relaxation space is available for staff use all weekend but is only available between 5pm – 7am on weekdays.

## ZONE 3 – Staff Shower Zones

Staff can continue accessing the two staff shower zones – at the rear of the hospital near the kitchen and in the Allied Health area. Fresh towels are available for staff to use. Staff care packages with donated toiletry items are available for collection from the Hospital Co-Ordinator.

## Complimentary Meals

Staff who are working an additional 8-hour shift qualify for a complimentary meal. Complimentary meals can be collected from the Hospital Co-ordinator. See your Team Leader or NUM for further details.