TIPS FIRST 100 DAYS

Pressure Check

A practical pause for recognising when pressure may be starting to affect safe, professional work.

PRESSURE IS INFORMATION.
The purpose of this check is not to prove that you can cope. It is to notice what is happening early enough to protect safe working, ask for support and make a sensible next decision.

My name	Date / time	Where I am working

What am I noticing?

	Pressure signal	My note
☐	I am rushing or skipping checks more than usual.	
☐	I am finding it harder to concentrate or hold information.	
☐	I am becoming unusually irritable, abrupt or flustered.	
☐	The queue, telephone, tasks or workload feel difficult to control.	
☐	I am being interrupted so often that I may lose track of work.	
☐	I am unsure what should take priority.	
☐	I am delaying asking for help even though I need it.	
☐	I am worried I could miss, forget or misroute something important.	
☐	I am tired, hungry, uncomfortable or overdue a break.	
☐	Something simply does not feel safe or manageable right now.	

ONE SIGNAL DOES NOT MEAN FAILURE. It means pause and decide whether anything needs to change before you continue.

PRESSURE CHECK	PAUSE - PRIORITISE - SUPPORT

1. PAUSE

Use the Professional Pause: STOP - do not rush. CHECK - what do I know? ACT - safely and within role.

What is creating the most pressure right now?

2. PRIORITISE

Needs attention now	
Can safely wait	
Needs handing over / reallocating	
I am not sure - I need somebody to help prioritise	

3. SUPPORT

Who can I tell that pressure is affecting my work?	
What specific help would make the situation safer?	
Is there work that can be paused, redirected or shared?	
Do I need a break or brief reset before continuing?	
Does a manager / clinician need to know about a safety concern?	

ASKING FOR HELP IS AN ACTION.
If workload or pressure is making you uncertain about safe working, tell the appropriate colleague rather than silently trying to absorb more.

After the immediate pressure has eased

A short reflection can help distinguish a one-off busy moment from something in the system that may need attention.

What happened?

What helped me regain control or work more safely?

Was there a process, staffing, training or communication issue that contributed?

Is there anything that should be raised, recorded or followed up locally?

My next safe step

☐	I can continue safely.
☐	I need support / supervision before continuing with part of the work.
☐	I need to hand over or escalate something.
☐	There is a wider issue worth discussing or improving.

PEOPLE	PRACTICE	POTENTIAL
Look after the person - including yourself.	**Protect safe, reliable work.**	**Learn from pressure, do not just endure it.**

IMPORTANT: This tool supports reflection and safe working; it does not replace local staffing arrangements, incident procedures, occupational support, emergency action or clinical/managerial escalation. If patient safety is uncertain, stop, ask and escalate.