THE TIPS PROFESSIONAL PAUSE

STOP • CHECK • ACT

A simple safety prompt for the moments when pressure, uncertainty or complexity could make you rush.

STOP	CHECK	ACT
Do not rush.	**What do I know?**	**Safely and within role.**
Pause long enough to notice uncertainty, pressure or something that does not feel right. Give yourself permission not to guess.	What information do I have? What is missing? What does the current local process say? Is this within my role? Who should I ask?	Follow the authorised local route. Record or hand over appropriately. Escalate when needed. If you are still unsure, ask again.

IF PATIENT SAFETY IS UNCERTAIN: STOP. ASK. ESCALATE.

The Professional Pause does not replace local procedures, authorised guidance or appropriate clinical or managerial advice. It is a prompt to slow down, check and choose the safe next step.