



# SAFETY TALK

## MICROBREAKS

Microbreaks are **short breaks or pauses** that typically range from **30 seconds to 5 minutes** in length that create an opportunity to break up prolonged postures, positions, and refresh our minds. They are taken throughout the workday to break up repetitive movements or sedentary behavior—like sitting at a desk.

What are examples  
of a microbreak?



Taking a short walk, refilling a water bottle, stretching, taking a few deep breaths, or listening to calming music for a few minutes.

Microbreaks can improve mental well-being, alleviate fatigue, improve concentration, and reduce stress.

Active microbreaks (like walking or stretching) can improve overall physical health and improve circulation.



What are benefits  
of a microbreak?

What are quick techniques or strategies for microbreaks that I can do anywhere to “**hit the reset button**” during my shift?



### 5-4-3-2-1 Grounding Technique



**5 things you can see?**

Examples: colours, shapes, your hands, the sky



**4 things you can feel?**

Examples: the clothes on your arm



**3 things you can hear?**

Examples: the clock ticking, laptop fan



**2 things you can smell?**

Examples: perfume, food



**1 thing you can taste?**

Examples: last meal, a snack you have ready



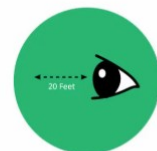
### The 20-20-20 Rule



Take a Break  
for 20 Seconds



Every 20 Minutes



Look at an Object  
20 Feet Away

*Remember that a microbreak does not need to be long to be effective. Try some of the different suggestions to see if you can find one that works well for you during your shifts!*

***Safety is everyone's responsibility!***

DATE: \_\_\_\_\_  
FACILITY: \_\_\_\_\_

SAFETY TALK LEAD BY: \_\_\_\_\_  
DEPARTMENT: \_\_\_\_\_

DISCUSSION QUESTIONS:

WHAT IS A MICROBREAK?  
HOW CAN I INCORPORATE MICROBREAKS INTO MY SHIFT? WHAT ARE BARRIERS?  
HOW COULD MICROBREAKS IMPROVE OVERALL WELLBEING?

EMPLOYEE CONCERNS & IDEAS FOR IMPROVEMENT:

EMPLOYEES PRESENT:

FOLLOW UP ON CONCERNS:

If you have any feedback on the Safety Talks program or a suggestion for a Safety Talk, please contact a member of the Wellness & Safety Team or email [healthpeihr@ihis.org](mailto:healthpeihr@ihis.org)  
Safety Talks can be found on the Staff Resource Centre at: <https://src.healthpei.ca/safety-talks>