

### MAXIMUM STUDENT PRACTICE AND STUDY HOURS

These guidelines are prepared for students, placement partners and programme teams. They are informed by considering student health and safety and the potential impact on public safety.

The guidelines are based on the principles contained within:

- [UK Government- Maximum Weekly Working Hours](#)
- [The Working Time Regulations 1998](#)
- [The Working Time \(Amendment\) Regulations 2003](#)
- [Health and Safety Executive: Health and Safety at Work](#)
- [Faculty of Health and Life Sciences Attendance Policy](#)

Programme/profession specific information on practice education hours will be found in the relevant programme/module/practice education handbooks/practice assessment documents. Student placement hours reflect the requirements of each professional programme. This normally requires students to gain their practice experience through mirroring the normal working hours for each practice placement.

If these guidelines are not adhered to, there is a risk of:

- Poor student performance and of not achieving professional competence/proficiency
- Withdrawal of Fitness to Practise.

The following principles apply:

- The UK Working Time Regulations stipulate that the working week should not exceed 48 hours/week (standard average over 17 weeks)
- The maximum hours include both practice hours and all other study hours
- a maximum of 12 practice hours in any 24 hour period shall normally apply

Record Keeping:

- Students/ placement areas need to keep a record of practice hours worked
- Practice Education Unit keep the completed student practice hours records including following sickness absence reporting processes (e.g. in PEMS)

Additional Considerations:

*Rest Breaks*

- Not less than one day off per week
- For shift workers: a minimum of 11 hours consecutive rest period per 24 hours (sleep time) (e.g. a night shift should not immediately be followed by working on placement or a study day or vice versa)
- 20 minutes rest break if working longer than 6 hours

*Night Duty*

- A maximum of 12 practice hours in each 24 hour period

*On Call*

Specific on call arrangements as per placement area policy, which allow for appropriate rest breaks

**Note:** You are advised that any additional employment commitments whilst undertaking your programme should not contravene the above principles.