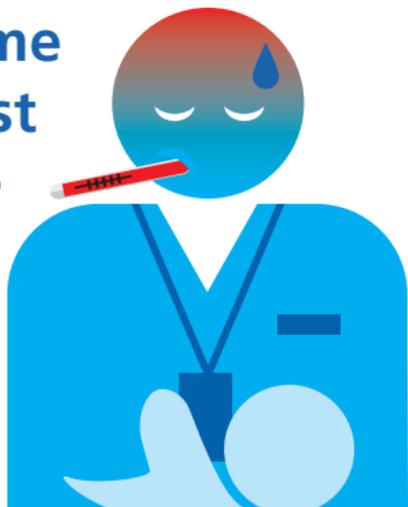


71%
of RCM members
said they had come
to work in the last
3 months despite
not feeling
well enough
to perform
their duties.



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50%
of RCM members
strongly agree/
agreed with
the statement:



**I am
worried
about making
a mistake at
work because
I am exhausted**

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84%

of RCM members
strongly agree/
agreed with
the statement:

my workload
has increased
in the last
12 months



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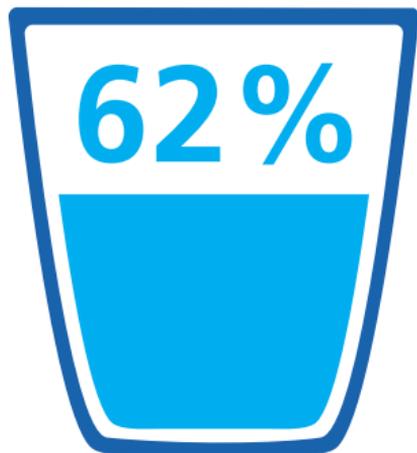


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62% of RCM members find they are **dehydrated** at work because they don't have time to have a drink.



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THE ROYAL
COLLEGE OF
MIDWIVES

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Only 22% of RCM members strongly agree/agreed with the statement:



I have enough time to build rapport with service users

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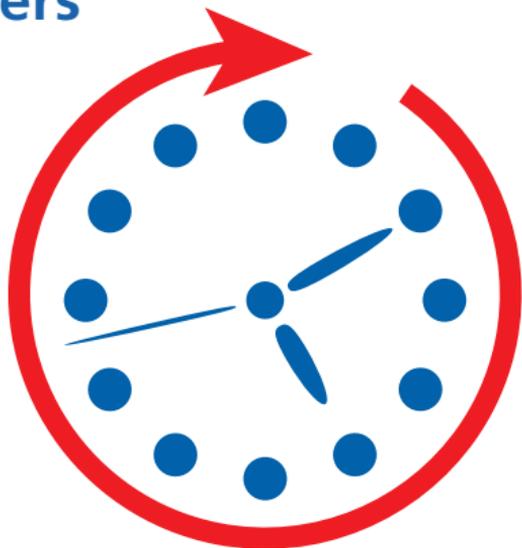
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17%

of RCM members
work 5 hours
or more every
week unpaid.



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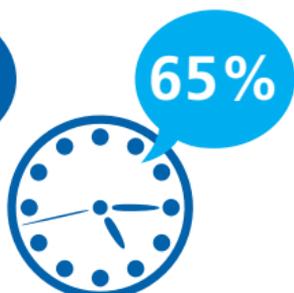
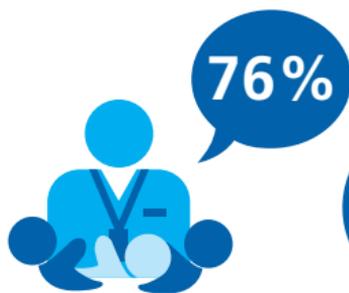


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48% of RCM members said they felt stress every day or most days. The most common reasons for stress were **workload; staff shortages** and **not enough time** to do their job.



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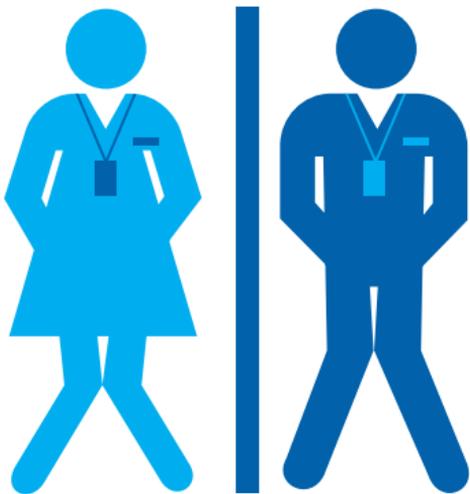


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62%
of RCM members
**delay using
the toilet at
work because
they don't
have time.**



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18%

of RCM members
strongly agree
/agreed with
the statement:



I often cry
at work
because of
the pressure
I am under

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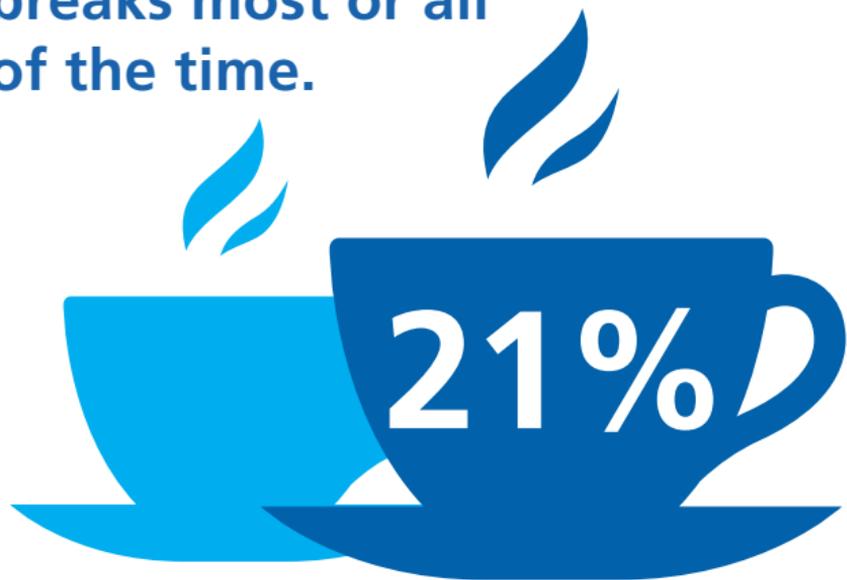


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Only 21% of RCM members
said they take their entitled
breaks most or all
of the time.



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