

# Morning Routine Checklist

44 ideas to help you create a plan you'll stick to

## waking up



- choose a time
- make your bed
- leave phone out of reach
- open blinds
- light a candle or turn on diffuser
- drink a glass of water with a sprinkle of salt

## getting ready



- take a shower
- wash face
- style hair
- apply makeup
- put on an outfit you feel good in
- put on sunscreen
- brush teeth
- floss

## body



- 5 min stretch
- walk
- workout
- take vitamins
- make a healthy breakfast
- yoga
- put on a face masque
- cold exposure

## home



- do a quick tidy
- wipe down counters
- set the mood in your space
- start a load of laundry
- prep dinner

## mind



- read fiction
- read personal development
- journal
- notice feelings
- meditate
- affirmations
- pray
- visualize goals
- do breathing exercises
- do grounding exercises
- gratitude
- write out to do's for the day
- step outside & breathe in
- listen to music
- listen to podcast
- be creative
- connect with a loved one

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**R Bogdan**



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web oct 3 2023 the joint commission recommends that your hospital maintains a temperature of 72 to 78 degrees f for sterile storage areas in addition you should have a maximum relative humidity of 60 percent the temperature of your building may not be something you think about unless it s uncomfortably cold or hot

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web all room air exhausted directly to outdoors air recirculated by room units design relative humidity design temp c  
operating room positive 4 20 nr no 20 to 60 20 to 24 emergency department public waiting area negative 2 12 yes nr max 65  
21 to 24 aii rooms negative 2 12 yes no max 60 21 to 24 patient room nr 2 4 nr nr max 60

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web may 20 2022 temperature range 72 to 78 f or 22 to 26 c organizations with existing facilities constructed or plans approved prior to july 5 2016 may comply with the 2012 ventilation requirements in nfpa 99 or the version of nfpa 99 in effect at the time of the ventilation system installation

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web jan 14 2021 warmer temperatures 75 f 24 c are recommended in areas that require greater degrees of patient comfort

for example warmer temperatures are usually preferred in hospital patient rooms and delivery rooms a standard temperature range of 70 f to 75 f 21 c to 24 c can be used in most other healthcare zones

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web apr 23 2008 1 3 8 the temperature setting on forced air warming devices should be set at maximum and then adjusted to maintain a patient temperature of at least 36 5 c 2008 1 3 9 all irrigation fluids used intraoperatively should be warmed in a thermostatically controlled cabinet to a temperature of 38 c to 40 c 2008

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web may 20 2022 the joint commission has no prescriptive requirement for daily monitoring or logging of temperature and relative humidity of a particular room type unless required by a controlling authority such as the state health

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web mar 20 2020 there are certain acceptable ima limits which vary according to the area of the hospital tested such as the maximum acceptable ima is 5 for ultra clean rooms isolation rooms and operating room for joint replacements whereas in icu and dialysis rooms ima is acceptable up to 25

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web operating room or temperature may impact the performance of health care providers this study assesses whether hot or cold room temperature diminishes the performance of or personnel measured by psychomotor vigilance testing pvt and self report scales

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web jul 29 2022 hospitals and clinics tend to have separate spaces for different functions and as such they also have different hvac requirements there are wards staff rooms waiting rooms each of them has individual temperature humidity and ventilation standards some areas are considered critical such as operating rooms isolation rooms and

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web to control both air temperature and humidity accurate humidity control also helps protect electronic equipment against

electrostatic discharges ensuring a safer place for personnel and visitors and at the same time safeguarding patient health standards for operating rooms european directive 2002 91 ec and the en iso

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web mar 2 2020 each space and any special clinical needs for temperature humidity and pressure control the program shall include space names and paragraph numbering references from the applicable version of the fgi guidelines for design and construction of hospitals and outpatient facilities for each space noted within the program this

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web may 6 2019 notably we detected associations of temperature inside a climate controlled icu with the incidence of gram positive vre and gram negative crpa pathogens interestingly the temperature in the icu presented only minor variations the median daily temperature was 22 2 c 72 0 f and the range was 19 6 c 23 8 c 67 3 f 74 8 f

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web introduction temperature management remains a significant component of hospital care for all neonatal and paediatric patients body temperatures outside normal ranges may be indicative of underlying disease processes or clinical deterioration and should be identified within a timely manner

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