

Sleep Tight, Work Bright

Annual Conference 6 February 2018

Call for posters



The subject of Sleep and Fatigue is currently a hot topic, with increasing evidence to show the impact on health, wellbeing and productivity. What are you currently promoting to improve health and wellbeing at work?

Showcase your Health and Wellbeing initiative at our conference in the form of a poster. It doesn't need to be related to sleep or fatigue. Tell us what you do to promote wellbeing in your workplace and share your ideas to like minded colleagues

- Showcase your health and wellbeing ideas
- What works for you that other OH colleagues could do
- Stand up and be counted in the health and wellbeing space

**PRIZE FOR
WINNING
POSTER!!**

Let us know if you are submitting a poster by **10 January 2018**:

Email: nationalschoolocchealth@hee.nhs.uk

Developing people
for health and
healthcare

www.hee.nhs.uk

Bring your poster along to our event ready for sharing and discussing with your colleagues

Poster Presentation

Presenting a poster is a great way to *visually* share examples of health and wellbeing programmes, gain peer feedback and share ideas on what works well in different organisations. Here are some of our tips to help get you started on designing and developing your poster for presentation at our event.



Aims of a Poster Presentation

- Gain feedback on work not yet published
- Share experience of what works for your organisation
- Promote your work and organisation - stand up and be counted in the health and wellbeing space
- Use your poster as an opportunity to connect to other OH Professionals and provide for one to one or small group discussions



Format and Requirements

- Size must be A3 or bigger
- Poster must be legible from 3 feet away
- Poster must be in English
- Use any forms to describe your initiative, text, photos or graphics welcome
- It is the author's responsibility to bring their poster on the day of the conference
- Display boards will be available on the day
- Commercial posters are not



Top Tips for Developing Your Poster

When designing the content of your poster think: '*Why should others do what I do?*'

Does your poster:

- Catch their attention? Use an exciting title or header
- Is it clear and well organised?
- Are the methods well described?
- Have white space? Leave plenty of room to rest the eyes
- Does it present the evidence for '*what works?*'
- Identify yourself: Don't forget to indicate who you are, your credentials, and your workplace
- Keep it simple? Poster should be bullets of information that

Be Focused

Use Graphics

Engage Your Audience