



The Five Minute Rule

How to check to see if your work is effective.

We all get stuck, it happens!

Using our BME Five Minute Rule:

We have a rule here called the five minute rule.

If you are ever stuck, you're only allowed to stay stuck for five minutes, after that you need to reach out and ask for help right away! Ask your manager or a fellow BME team member for help and they can guide you to the right resource.

You are responsible to reach out as soon as you've been stuck for more than five minutes.

