

Staying safe this Christmas in construction



The Christmas period is a time of celebration, but for those working in the construction industry, it can also be a period of increased risk, especially when it comes to alcohol consumption.

Whether it's attending holiday parties or winding down after a long day on site, it's important to be mindful of how much you're drinking and to understand the impact it can have on your health and safety.

Curious about your drinking?

Scan the QR code and join thousands of people checking their drinking with Drinkaware's [FREE Drinking Check](#)



Top tips for managing alcohol during Christmas

1. Follow low-risk drinking guidelines:

- The Chief Medical Officers recommend not drinking more than 14 units of alcohol per week, which is equivalent to six standard glasses of wine or six pints of beer.
- If you do drink, spread it over three or more days and avoid binge drinking. The Drinkaware app can help you track your units and stay within these guidelines.

2. Schedule drink-free days:

Allocate several days each week where you don't drink.

3. Eat before you drink:

A healthy meal before drinking and snacks between drinks can help slow the absorption of alcohol, keeping you in control.

4. Avoid “pre-loading”:

Drinking before you go out can lead to unintended overconsumption.

5. Pace yourself:

Alternate alcoholic drinks with water or soft drinks, and avoid drinking in rounds, which can lead to bingeing.