

Working away from home



Working away from home can present unique challenges, particularly when it comes to managing how much alcohol you drink.

Many construction workers find themselves isolated in unfamiliar areas, often staying in poor accommodation, sometimes even above pubs.

With little to do in the evenings, it's easy to turn to alcohol as a way to pass the time or cope with loneliness. However, this can lead to unhealthy drinking habits that pose serious risks to both physical and mental health.

Curious about your drinking?

Scan the QR code and join thousands of people checking their drinking with Drinkaware's **FREE Drinking Check**



Risks of drinking when working away

Working away from home can lead to increased alcohol consumption due to isolation and easy access to alcohol. **This can lead to issues like high blood pressure, depression, anxiety, and poor work performance.**



Regular heavy drinking increases the risk of serious health conditions such as liver disease and heart problems.

Healthy alternatives to drinking

Stay active: explore the local area by going for a walk, run, or bike ride. Many areas have gyms or swimming pools that offer pay-as-you-go options.

Explore alcohol-free alternatives: there is a huge variety of alcohol-free drinks available. Alcohol-free beers, wines and spirits are an easy replacement!

Pursue a hobby: use your time away from home to pick up a new hobby or revisit an old one. Reading, journaling, or learning a new skill can be fulfilling ways to spend your time.

Talk to someone: if you're struggling with alcohol use or feeling isolated, don't hesitate to seek help. Consider speaking with a supervisor or reaching out to a helpline for support.