

Understanding blood pressure and alcohol



As construction workers, your health is your most valuable tool. Just like maintaining your equipment and wearing protective clothing, taking care of your health ensures you stay at the top of your game. One critical aspect to monitor is your blood pressure, particularly how alcohol consumption can affect it.

High blood pressure, or hypertension, often has no visible symptoms but can lead to serious health issues, including heart attacks, strokes, and kidney disease. In the fast-paced construction environment, where physical and mental demands are high, understanding and managing your blood pressure is crucial.

How alcohol impacts blood pressure

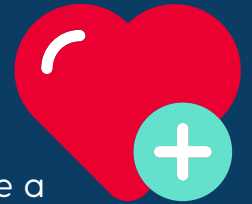
Regular alcohol consumption can significantly raise your blood pressure. Each time you drink, your blood pressure increases temporarily. Over time, this can lead to sustained high blood pressure, putting extra strain on your heart and arteries.



How to build healthier habits

Measure your pressure

Regularly check your blood pressure. Many pharmacies offer this service, or you can use a reliable home monitor.



Cut back on alcohol

Stick to the Chief Medical Officers' low risk drinking guidelines of no more than 14 units per week, which is about six pints of beer or glasses of wine. Spread your drinking over three or more days, avoid binge drinking and try including drink-free days.

Eat smart

Choose a healthy diet that is low in salt to support healthy blood pressure.

Curious about your drinking?

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

