

# Alcohol Awareness Week



Alcohol Awareness Week is a dedicated time for raising awareness about the risks associated with alcohol consumption, promoting healthier lifestyle choices, and providing support for those struggling with alcohol-related issues.

## Why this is important in our industry

Whether you're on-site or in the office, alcohol can impact how you work. Even drinking the night before can affect your concentration, coordination and judgement the next day. In construction, where physical and mental focus is crucial, knowing the risks around alcohol helps protect everyone's wellbeing.

## Curious about your drinking?

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



## Key risks to watch out for

- Slower reactions and poor coordination, which can increase the risks of accidents
- Reduced concentration, affecting both productivity and safety
- Disrupted sleep after drinking, making early starts harder and work more tiring



## What can help

- Take regular alcohol-free days during the week
- Plan ahead when drinking after work, especially before early starts
- Pace yourself and alternate with soft drinks at work events
- Talk to your site representative or Monitor if you need support
- Use free tools like Drinkaware's Drinking Check to understand your habits



## Look out for your colleagues

Talking about alcohol doesn't need to be awkward. It's about looking after each other and staying safe – on and off the job.