

Tips Alcohol

There is no place for alcohol on this work site – that includes being hungover



Toolbox talk

Alcohol

A large number of injuries on construction sites happen because people are impaired because of alcohol use.

It's an important reminder for us all:

There's no place for alcohol on site.

If you come to work hungover or under the influence of alcohol then you're putting yourself at risk - and you're putting your workmates at risk too. That's not OK.

No one is saying you can't unwind after work, but it doesn't have to be about getting smashed to relax. If you're having a few drinks after work during the week, do it in moderation. And if you do end up having too many, then don't come to work the next morning. It's as simple as that.

Look after your workmates and if you know they've been drinking or are hungover, have a quiet word with your site manager. It's not about getting someone in trouble, it's about preventing one of your workmates getting hurt.

Here are some questions to have a think about:

- How many times have you come to work still feeling the effects of the night before?
- When was the last time you had an alcohol-free day?
- Are your workmates turning up to work glassy-eyed or still smelling of alcohol?

If you want to make changes to your behaviour around alcohol, you can talk to a site manager about getting support. They're here to help keep you and everyone else at work safe.

For more information on getting help for alcohol problems, go to www.alcoholdrughelp.org.nz – or scan the code on this page. You can also get free and confidential support from the alcohol and drug helpline on 0800 787 797 or text 234.

