**TOOLBOX TALK 6**

**ALCOHOL**

Do you enjoy a drink? Most people do and alcohol gives great pleasure to millions of men and women but there are times when drink leads to danger. In a high-risk industry like ours alcohol and work are not compatible.

Alcohol is a depressant drug, which depresses parts of the brain function. When you work at heights or with machinery or are involved in moving large items you require all your brain functions to save you from injury.

We, therefore, have made it our policy and a condition of employment that if it is suspected that anyone is intoxicated by alcohol, or is under the influence of drugs then they will not be permitted on site.

Any alcohol you drink will affect your actions and it takes time for alcohol to work out of your system - l unit of alcohol (0.5 pint of ordinary beer or lager, a single whiskey or glass of wine) will take l hour to leave your body.

A few facts may alert you to the hazards of drink.

50% of all drivers killed are over the legal driving limit (very roughly equivalent to 5 units) dependant on your weight, sex or recent food intake).

Do not rely on this approximation. If you drink “Don’t Drive”.

35% of fatal accidents are related to alcohol.

Keep your head clear, leave your drinking sessions to sociable occasions, where you cannot cause injury to yourself or others.



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| **Date** |  | | **Presented By** |  |
| **Time** |  | | **Project (If Applicable)** |  |
| Acknowledgement | I hereby acknowledge that I have received and understand the attached Toolbox Talk. I accept the responsibility of implementing it in my section and ensuring that all relevant line personnel within my area of responsibility are informed and comply accordingly. Any person relieving me or taking over my area of responsibility will also be informed accordingly by myself. | | | |
| **Name** | | **Surname** | | **Signature** |
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