

Avoid the festive hangover this Christmas!

Tips and information to help protect your people and your business from alcohol harm this party season.



Over 60% of UK drinkers over-indulge during the holiday season and 33% feel pressure to drink at their festive work party.

-Drinkaware

Why alcohol awareness is so important

The impact of alcohol misuse can be huge. Unhealthy drinking behaviours can affect a person's relationships, work and physical and mental health, put theirs and others' safety at risk and have a knock-on effect in the workplace, taking a negative toll on employee wellbeing and organisational productivity.

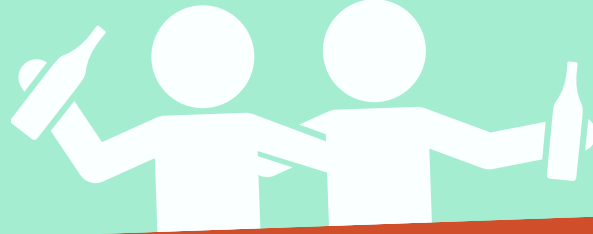


Binge drinking often increases during the festive period, with many people doubling their alcohol consumption compared to the rest of the year. This rise in drinking is often related to people socialising more at work parties and family gatherings. However, it is also common for people to drink more around Christmas to cope with:

- financial pressures
- family difficulties
- loneliness
- bereavement

Alcohol

Know Your Limits



It is advised that both men and women should not drink more than 14 units of alcohol per week, spread across 3 days or more, with several drink-free days.

What is a unit of alcohol?

One unit of alcohol is 10ml (ten millilitres) of pure alcohol. The number of units you are drinking depends on the size and strength of your drink.



1 Unit

Single spirit (25ml, ABV 40%)

What does your weekly limit look like?

- 6 pints of 4% beer or cider
- 6 medium (175ml) glasses of 13% wine
- 12 glasses/shots (25ml measure) of spirits such as gin or vodka (40% strength)



2 Units

Pint lager/beer/cider (ABV 3.6%)

Alcohol and driving



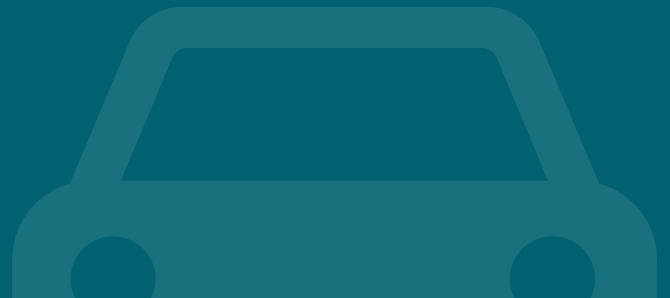
2.1 Units

Standard glass of wine (175ml, ABV 12%)

The UK drink-drive limit is 80 milligrams of alcohol per 100 millilitres of blood. Ensure your employees know the risks of driving the morning after drinking when they may still be over the limit.

It takes the liver about an hour to remove one unit of alcohol from the body. However, how quickly a person's body metabolises alcohol and how many units it takes for them to be over the limit when driving depends on their:

- sex
- age
- weight
- stress levels
- metabolism
- and what they've eaten



It's safest to avoid alcohol altogether if you're planning to drive.

6 Tips on mindful drinking

Mindful drinking is all about being aware of your relationship with alcohol, making conscious choices and ensuring that drinking remains a positive and enjoyable experience without negatively impacting on your health wellbeing or the people around you.

Set clear limits

Decide on your drinking limit beforehand and commit to it.

Practice moderation

Understand your body's tolerance to alcohol.

Alternate with water

Drink water between alcoholic beverages to stay hydrated and pace yourself.

Be present and mindful

Focus on each drink's taste, smell and your experience whilst drinking it, being aware of how it affects you.

Know your triggers

Identify situations or emotions that lead to excessive drinking and develop healthier coping strategies.

Plan your transport

Have a plan for a safe way to get home without driving if you've been drinking.

If you want to increase alcohol awareness among your teams and learn how to promote healthier drinking behaviours within your organisation, get in touch!

0330 390 3360

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Alcohol Statistics

40%

of employers mention alcohol as a significant cause of low productivity.

20%

of people detected over the drink-drive limit are caught the morning after having a drink.

37%

of people convicted of drink driving the morning after drinking, were driving to work.

-Alcohol Change UK



If you're looking to..

Equip your managers with the knowledge, tools and strategies to support alcohol awareness this festive season

Reduce rates of absenteeism and presenteeism and improve employee wellbeing

Lower the risk of alcohol-related incidents at work events and in the workplace and reduce liability concerns

Ensure legal compliance with alcohol-related regulations and workplace standards

Maximise every employee's potential and boost productivity

Maintain professionalism by preventing alcohol-related issues at gatherings

Create an inclusive atmosphere by considering those who don't consume alcohol

Promote better health throughout your workplace and know you are doing the best to support all employees

Receive advice and practical support to help you signpost employees when they need medical advice

We can help!

CPD-Accredited Education and Awareness Training

Our alcohol education and awareness training will equip your managers and supervisors with the necessary knowledge and tools they need to be able to confidently and sensitively manage any issues surrounding alcohol and drug misuse that may arise, using the appropriate procedures and documentation.



Delivered by our experienced trainers, our engaging and insightful training programmes:

- Help to educate all your employees on the risks and signs of substance misuse, their responsibilities under your policy and how your policy will be used
- Equip your managers with the tools and confidence to talk about this sensitive subject with their teams
- Support you to establish a culture that promotes healthier behaviours around drinking

Training sessions can be customised according to managerial and employee requirements.

Various delivery options include:

- In-person training conducted on-site
- Online training sessions facilitated by a trainer
- E-learning modules for flexible learning experiences

All our training is delivered by a team of highly qualified professionals with extensive experience in workplace testing, delivering training, and reviewing policies.

Testimonials

The training team couldn't be more supportive, understanding & accommodating, especially when it came to fitting the delivery of the training around our business needs.

*-Ellie Payne, ER & Change Manager,
Sysco GB*

Not only has Hampton Knight exceeded my expectations with their training processes, but its excellent product has been both efficient and easy to work with.

*-Angel Marc, Director,
Sterling Alliance Services*

If you want to ensure that your organisation is well-equipped to support employees and manage alcohol misuse, get in touch!

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