

## **SAFETY TOOL BOX MEETING**

### **NO 11 – ALCOHOL and DRUGS**

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.

Al Khodari have, therefore, made it their policy and a condition of employment on this site that if it is suspected that anyone is intoxicated by drink, 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 - 1 unit of alcohol (0.5 pint of ordinary beer or lager, a single whiskey or a glass of wine) will take 1 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.

## **IF YOU BUILD DO NOT DRINK OR TAKE DRUGS**

I have given the above talk to all men under my control.

Signed:

Company  
Rev 1

Date 24-01-07