

# DON'T LET A DRINK RUIN YOUR LIFE



Beware of a quick drink after work. A pint with colleagues might seem harmless, but it can quickly lead to two, then three. Pay for a taxi, get the train, walk, or organise a lift. It'll cost much less than a drink-drive charge, or an accident.

You are likely to be breathalysed if you are involved in a collision, even if it is not your fault. Whether or not you think you're fit to drive, don't take the chance or somebody else's mistake might become your problem.

Everyone is aware of the risks of drink-driving over Christmas, but drink-drive casualties reach a peak in the Summer.

If you drink, don't drive & if you are driving, don't drink

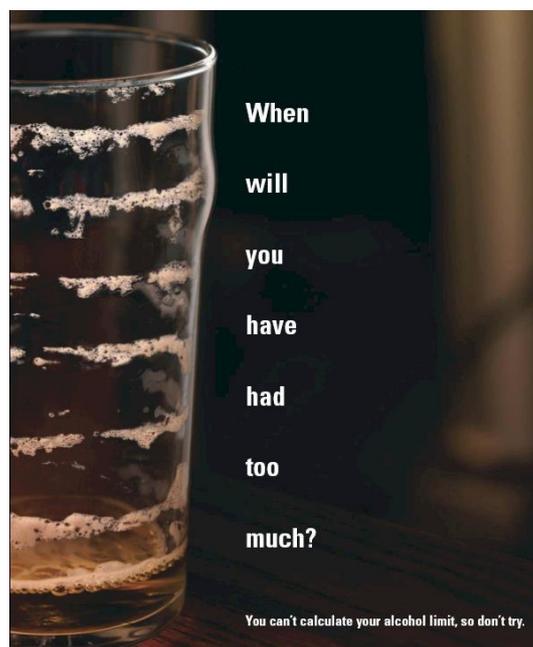
Don't forget a drinking session the night before could put you over the limit the morning after.

## It's a Fact!

- 1/3 of employees admitted going to work with a hangover, with an estimated 200,000 workers being hungover in the UK on any given day
- 15% of employees reported being drunk at work
- Problems resulting from hangovers or being drunk at work included: difficulty concentrating; reduced productivity; tiredness, and increased mistakes
- 83% of employees who have been hungover at work admit it makes a difference to the way they work. 1/3 say they 'drift off and don't work at their usual pace', 28% suffer from headaches and can't concentrate, and 62% reveal they generally just 'muddle through the day'.



Photo Credit: Kevin Hill



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