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Alcohol Awareness Sessions

The Bam Nuttall Kier Joint Venture at C501 chose **alcohol awareness** as the topic for their Health and Wellbeing Campaign in the lead up to the festive period. As part of this campaign they ran a day of interactive awareness sessions for the whole site team involving a 'mock up bar area'.



THE SESSIONS

The session consisted of several exercises including:

- Putting an assortment of empty bottles of alcoholic drinks in order from strongest to weakest depending on the size of the measure.
- Wearing "beer goggles" to simulate vision blurred vision (one of the effects of alcohol consumption).
- Testing attendees knowledge of the potential ill health risks of excessive consumption e.g. cirrhosis of the liver, heart disease and diabetes.
- Calculating how long it takes for the effects of alcohol to wear off.

THE FEEDBACK

The team found the workshop to be a good alternative to typical toolbox talks. The sessions proved to be thought provoking, with several people making commitments reduce their alcohol intake over a typical week to help improve their overall health.

For further information, please contact Stuart Green on stuart.green@kier.co.uk

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MOVING LONDON FORWARD

