

Strategies targeting alcohol

Quick wins

- » Make sure alcohol is not provided to staff at your workplace
- » Display posters and brochures throughout the workplace, such as those available from *Alcohol, Think Again*
- » Alert workers (through email, intranet, and flyers) to *Alcohol, Think Again* for information about the risks of drinking alcohol
- » Inform workers of the *Australian Guidelines to Reduce Health Risks from Drinking Alcohol*
- » Lead by example by avoiding alcohol
- » Choose alternatives to alcohol when giving prizes, thank you gifts or for fundraising
- » Provide free water and non-alcoholic drinks at work functions and if alcohol is provided, ask workers to buy their own

Strategies

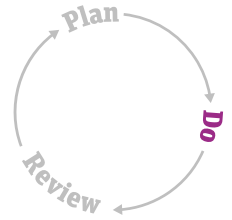
- » Establish a workplace policy that addresses alcohol related workplace health and safety risks – see the template *alcohol policy*
- » In many cases an alcohol free workplace will be appropriate, include this as part of your current occupational health and safety policies
- » Encourage and support workers to call the *Alcohol and Drug Information Service* or to speak to their doctor about their drinking, if appropriate
- » Support workers to address short-term and long-term drinking issues, for example through flexible working arrangements
- » Encourage and support workers to join an appropriate program that addresses harmful drinking, where needed, and consider subsidising participation in such a program
- » Prioritise education or the use of policy to minimise workplace circumstances that may contribute to increased alcohol consumption, including:
 - o High job stress
 - o Poor supervision
 - o Long work hours
 - o Remote locations
 - o Time away from family
 - o Boredom
 - o Culture of drinking in the workplace

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- » Ensure workplace functions and social functions are not primarily focused around drinking; organise a range of activities like movie nights, team games, or a family fun day
- » Organise social functions at times where alcohol is not expected (breakfast, morning tea and lunch)
- » Encourage workers to drink responsibly at all work functions (internal and external)
- » If alcohol is provided at work functions, meetings or social events, ensure catering for alcohol does not exceed the recommended guidelines of no more than two standard drinks per day
- » Provide and promote safe alternative transport options (taxi vouchers, public transport) if alcohol is likely to be consumed at work functions

Online Resources:

-  [Alcohol policy](#)
-  [Fundraising guide](#)

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