

Alcohol Use Picture This



It is not difficult to think of a variety of ways in which alcohol consumption can impact the way you work.

One of the main problems with drinking in the workplace is the fact that it is often overlooked, seen as part of the social culture and part of the working environment. While often believed to be more prevalent in manual employment roles, drinking at work is an issue right across the board, all the way up to high powered management.

Alcohol consumption will impact your concentration almost immediately with 2 pints of ordinary strength beer, or 4 small glasses of wine, at lunchtime still in your bloodstream three hours later.