



Welcome to UK News 7th Oct 2015
your weekly update from around CEMEX UK

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BEING THE BEST FOR FAMILIES

11 Years of Looking After Each Other for Logistics Midlands Area!



Congratulations to the Logistics Operations Team in the Midlands who have just gone 11 years LTI free. This achievement was by both own fleet drivers, agency drivers and third party contract hauliers.

The Midlands region covers a large geographic area including Birmingham, Lincolnshire and Nottinghamshire which makes this achievement even more impressive.

Peter Hunt, Area Logistics Manager, said: "This is a fantastic achievement for our Team of drivers and hauliers. We are aware that safety has no memory and we want to continue ensuring everyone goes home free from injury".

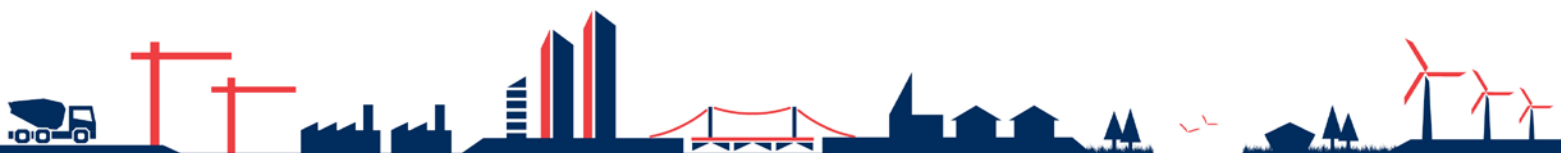
Mind Your TRIs....



Whilst there were no lost time injuries in the week, it is a concern to have to report that our poor trend of recordable injuries (TRIs) continues, with an employee suffering an injury that required medical treatment. The employee tripped on a door threshold as he entered a plant building. In order to steady himself he put his hand out and caught it on the end of a protruding metal beam, resulting in a cut to his hand that required stitches.

This is our fourth TRI in six weeks, three of which have involved employees. It is essential that we ensure everyone is putting the health and safety of themselves and their colleagues first and make every effort to stop this trend if we are to avoid a more serious injury.

Jesus Gonzalez commented: "This is bad news. We all know that incidents come in waves. The statistics are telling us that we are going to have another more serious accident any time soon if we do not take action. Please ensure that the recent incidents are highlighted through the management chain, that supervisors take the time to talk to employees and contractors and remind them of the need to



take care, stop and think and STEP IN when they see an unsafe situation. Please do something today to improve safety.”

Safe Drinking Guidelines - Best for your Health



Did you know you could be putting on 1½ stone every year just by drinking the recommended daily amount of alcohol??

We all know that drinking too much alcohol is bad for us, but what is the sensible amount to drink, with stronger drinks now on the market what is a ‘unit’ nowadays?

The UK Department of Health’s current advice on sensible drinking is:

- **Men – up to 3-4 units per day, or 21 units a week**
- **Women – up to 2-3 units per day, or 14 units a week**

Whether you track your drinking by units per day or units per week the current advice also states that you should also have two days a week free of alcohol. The limits are lower for women because women’s bodies have a higher fat to water ratio making them less able to dilute alcohol in the body and to process alcohol as effectively.

A unit is based not just on size but also on the alcoholic strength of the drink.

Today, we have much stronger wines and beers/lagers and we are served with larger glasses of wines and bigger shots so:

- **The average pint of 5% ABV lager or cider is 2.8 units per pint**
- **The average pub wine is now 12% ABV and is served in a medium glass size (175ml) which is 2.1 units**
- **A large glass of wine size (250ml) at 12% ABV, is 3 units**
- **Measures of spirits are often sold in 35ml shots (rather than 25ml shot) are 1.5 units**

Also, as a man, if you drink 3 pints of 5% lager/beer at a time you are officially binge drinking (drinking over the recommended daily limit).... and as a woman if you have 2 large glasses of wine at a time you are officially binge drinking. Food for thought!!

For further information posters are available in the UK News download section together with a podcast.

Next week: Tips for Cutting down on alcohol consumption.

All information can also be found on Shift at:

http://cdm2.cemex.com/sites/UK_Health_Safety/HEALTH%20ESSENTIALS/Forms/AllItems.aspx?RootFolder=%2Fsites%2FUK%5FHealth%5FSafety%2FHEALTH%20ESSENTIALS%2FAddictions&FolderCTID=0x012000D5977C4DF5A3EF45BF8A69C9DEF3F950&View=%7B933A129D%2D8189%2D460E%2D9D29%2D91FEA49AC01D%7D&InitialTabId=Ribbon%2EDocument&VisibilityContext=WSSTabPersistence



BEING THE BEST FOR CUSTOMERS

3 New Products Launched at Civils Exhibition Birmingham



This week saw CEMEX UK take 2 stands at UK Civils Exhibition in Birmingham - one materials one to showcase our three new products - Permaflow, Supaflo C and the Via Range, and a stand in the Plant and Machinery Expo with our new Eonic truck.



Simply the Best..... Supaflo-C, a New Screed



Two years work by CEMEX technicians and recent admixtures developments have led to the launch of a new pumpable, self-smoothing, levelling screed, Supaflo-C. The new product, launched today at UK Civils exhibition in Birmingham, is based on CEM I cement.

“Significant development work in terms of laboratory and site trials has gone into the design and production of Supaflo-C. This product can offer the contractor significant benefits - it's easy to

lay, dries quickly, has an excellent finish and can be used in areas susceptible to water ingress such as bathrooms and changing rooms,” comments Steve Crompton, Technical Director CEMEX UK.

Supaflo-C is perfect for internal floors in houses, schools and colleges, health centres and light commercial usage. Recently, the first contract of eight cu metres was used by contractor Co- Dunkall and laid in a new build house at Caston in Norfolk on the ground floor 55mm thick covering under floor heating. It gave the same plastic properties and ease of installation as an Anhydrite flowing screed.

The new screed is available across the network of CEMEX UK Readymix Plants.

Let it Rain, Let it Rain, Let it Rain..... New Permeable Concrete



Permaflow launched at UK Construction Week. A new range of permeable concretes, Permaflow was launched this week by CEMEX UK at the UK Civils Show in Birmingham.

With paved surfaces all around us, the new Permaflow range addresses the building and construction industry need for a permeable concrete product that minimises water run-off and can be used in large areas of surfacing. Surface water management, including the laying of Permaflow, can help prevent possible flash flooding and pollution of the water table, rivers etc.

Research has indicated that extreme summer rainfall may become more frequent in the UK highlighting a continued growing need for Sustainable Urban Drainage Systems (SUDS) to be an integral part of



any infrastructure development. Permaflow has been designed to have a network of interconnecting voids which allow water to free-flow through the product to the level of the water table.

“SUDS technology is not new in the UK and is becoming an increasingly important part of planning policy. Our new product, Permaflow can play a significant role in drainage engineering, ensuring that natural ecosystems in areas are maintained. Permaflow complements our existing range of permeable paving products Readyflow™, ReadyPave® and VIAFLOW” comments Steve Crompton, Technical Director, CEMEX UK.

Permaflow is available in a range of compressive strength and levels of permeability for use in surface and lower layer applications. Strength and permeability, the essential characteristics of Permaflow, are tailored for each situation.

Castleford Delivers Supaflo



This week saw the first successful delivery of Supaflo out of our Castleford RMX Plant. The new silo is fully operational and ready to serve the local market. Castleford will complete our network that will be soon further expand with additional capability at the refurbished Hull Plant.

New Appointment – Team Leader Internal Sales



We are delighted to announce the appointment of Steve Couchman into the Team Leader role for Readymix Internal Sales Representatives and Cash Sales.

Steve has been with our business almost 9 years in the Customer Centre at Rugby in Cash and Internal Sales. With his experience Steve is very well placed to lead the Team forward to provide a great Internal Sales Team for the Readymix UK business.

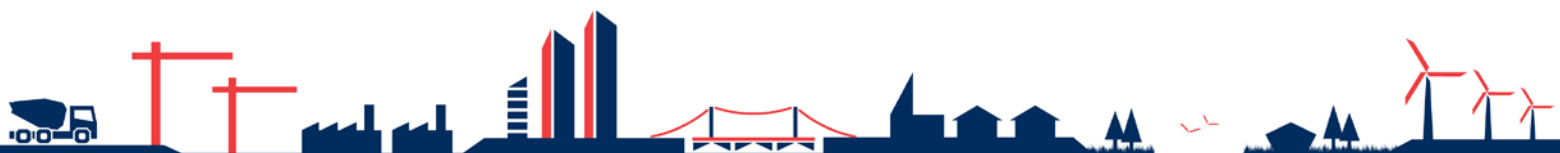
23hrs Crackin' The Frackin' Roof for Cluster 3



Cluster 3, RMX North East, showed amazing commitment to customer service with a continual 23 hour effort on a complex pour for a fracking tank roof.

Bill Clarke, Readymix Ops Supervisor in Newcastle, takes up the story: “After 23hrs, with the site suffering serious setbacks, we finally finished the first 600 meter layer on this fracking tank roof, with another 2 layers to do in the forthcoming weeks.

All started well at 5am on site but by 6.30am we had 10 wagons on site carrying C50 mx and going nowhere due to an issue at site. By 8am we started to get the vehicles rolling in. Due to the dome shape of the roof, consistency of the mix was vital. However, the start stop scenario ensued throughout the day, and by 3pm we had only poured half of the required amount.



We sourced another 3 wagons that had driving hours left to help out as the traffic in the area was diabolical - by 7pm drivers hours were up and by 8pm we were down to 6 trucks, but the wheels kept rolling and by midnight 500 mtrs was on the roof. Thankfully at 3.36am the last load was despatched and the weary crews departed.

A huge thanks to Brian Godsmith, Steve Ebbelewhite Mick Larmouth, Andrew Gibson, Tim Jennings, Kev the fitter and Gary Cain, plus all the IHCs involved. A great display of Team Work once again in Cluster 3. Here's looking to the next layer in a couple of weeks."

BEING THE BEST FOR SHAREHOLDERS

Records Tumble at Dove Holes



September was a fantastic month for the Team at Dove Holes, with record's tumbling. The best ever rail tonnage was delivered during the month.

Coupling the rail tonnage with the deliveries by road they achieved an overall record sales tonnage. All this was achieved safely. A big thank you to all the Team.

BEING THE BEST FOR COMMUNITIES

Get Pinkish



The Rugby office, Pink Ladies Committee, are in full planning mode for the Wear it Pink day on Friday 23rd October in support of Breast Cancer. (For more information visit: www.wearitpink.org).

They are planning a number of fundraising events at the Rugby office between 11am - 2pm. They will have lots of goodies for you to buy in the canteen:

- Cake stall (donations, either home baked or shop bought, will be gratefully received)
- The Book People
- Neal's Yard
- Chocolate for Chocoholics

They will also be holding 'The Great **PINKISH** Bake Off' with their very own 'celebrity' CEMEX judge. Get creative with your pink baking/cake decorating skills to be crowned 'The Great **PINKISH** Baker' and win a prize.

They will be selling raffle tickets - top prize to be announced shortly! Please show your support by going to the events and visit their just giving page - <https://www.justgiving.com/cemex/>

Anna, Lynsey, Ellen, Keisha & Kirsty (The pink ladies...) - thank you in advance for supporting this very worthy cause.



Welcome to the Sunrise...



Some more spectacular shots from Dave Rowley, Assistant Manager at Longdell Quarry Costessey, Norwich. No more words needed.....



The Wonderful World of Spiders



Some people may not like spiders and find their behaviour and movement 'alien-like'. But look a little closer and spiders become fascinating creatures which live quite peacefully in our homes and gardens. Spiders are amongst the most important predators of pests in agricultural

land and recent research is even looking at developing insecticides from their venom which is potentially safe to bees.

Their venom is being investigated for medicinal uses as it has been found to have anti-bacterial, anti-cancer, anti-microbial properties and pain relief properties. The silk from Orb-Weaver spiders (in the same family as our Garden spiders) has just started being used in human trials to regenerate nerve damage in burn victims.

In the US the presence of House spiders is a great thing as they feed on other spiders such as the venomous Brown recluse spider (*Loxosceles reclusa*). In the UK we don't have any venomous spiders which are a cause for concern, however, they do feed on fly pests and some research has found that having spiders in the home can reduce gastro-intestinal infections spread by houseflies.

Many spiders will live quite peacefully in corners - but it is only during the Autumn when they are on the move and looking for females, we really notice them.

There are many ways that we can look after spiders in the home.

Giving a spider a name and introducing young children to them is a great way to prevent phobias from developing (most Arachnophobes learned their fear from their family members and it is difficult to shift once it's set in).

Don't use pesticides around the house and let the spiders stay in the warmth where they will be able to live out their lives and find a mate.

Try to only Hoover up cobwebs which you know are unoccupied.

If you do need to remove a spider capture it with a glass and a piece of paper and put them in an outhouse or a garage where they will be able to shelter over Winter.



There are also some fantastic groups which help you identify and learn more about the creatures surrounding you.

Spiders are a worthy cause to champion, they might not be the most beautiful, or the furriest but they are definitely among the most important. Thanks to Buglife for this fascinating spider insight. Find out more from www.buglife.org.uk

Cluster 14 Lend-A-Hand to Air Ambulance



On Tuesday 22nd September members of Cluster 14's commercial, operational and technical Teams 'Lent-A-Hand' for the Essex and Herts air Ambulance.

The charity funded rescue service is located on the Earls Colne Airfield near Braintree in Essex and this division serves all of the Essex and Hertfordshire area where they are called to attend serious road accidents or indeed any situation that requires medical attention quickly.

CEMEX helped to place the concrete for a base ready to erect an air sock on the side of the Airfield. This was to help guide the helicopters used on call out to land with more ease.

A big thank you to all who took part and I know the Air Ambulance were very pleased we could donate our time for this community project.

Cluster 12 Lend-A-Hand at the Rainbow Hospice



Cluster 12 spent their Lend-A-Hand day at the Rainbow Hospice, Loughborough. David Kent, Michael Driver, Mark Herald, Darren Kent and Mark Jepson all worked on their open day tidying the gardens and erecting all their stalls. Finally they helped to clear up after the event. Everybody said how rewarding the experience was for all attending.

Rugby World Cup Fever at Somercotes



Our Team at CEMEX Rail Solutions, Somercotes were on hand to help Ashfield RUFC at their Larwood Park ground on their first NatWest Rugby force day.

Ashfield RUFC is a local club that is investing in its local community by introducing and involving more children in sports.

A member of staff at our Somercotes Rail plant put forward the idea as his son is a member of the club and wanted to help the club with landscaping of the entrance to the ground, which was very overgrown and was becoming dangerous to access.



The day involved the Team cutting back overgrown branches at the entrance, trimming down the hedgerows and picking up of litter so that the entrance was more accessible, easier to see and was a much cleaner ground for all visitors to the club.

Terry Clair, Site Manager said: "Ashfield RUFC is a small local club and when the request came from one of our employees we were more than happy to help. After playing the game myself for many years I know Rugby is a game of respect and it is a great way to get kids involved in sports. This is just another great example of how CEMEX Lend-A-Hand projects is really helping the local communities, and with other members of the local community also taking part, it was showing that CEMEX as a company were putting something back locally."

Commercial Cement Lend-A-Hand



Members of the Commercial Cement Team spent their Lend-A-Hand day at the Sue Ryder Care Centre in Preston.

Cuerden Hall is a Sue Ryder specialist neurological care centre based near Preston in Lancashire. They provide incredible care for people aged 18 and over who have life-changing conditions affecting the brain and nervous system. They are there for people with degenerative conditions which get worse over time - such as Multiple Sclerosis and Huntington's - as well as those with acquired conditions resulting from a brain or spinal injury or stroke.

The CEMEX Team helped with the coffee shop 'make over' with jobs such as sanding down tables and chairs, and repainting. A big thank you to Carl Lindsay Platt, Graeme Barton, David Joyce, Richard Cowley, Barney Patel, Mick Ryan and Ian Claridge for taking part.

The Team received a Thank You card from members of the staff and patients who were very grateful for the hard work and help they received on the day.

BEING THE BEST FOR EMPLOYEES

Thanks for Filling in the Survey



We would like to thank the 2,076 employees who completed the 2015 Employee Engagement Survey.

All the surveys are currently with Kenexa and will be analysed over the next couple of months. We expect to get the reports in early December and as soon as we can we will start cascading the results through the organisation.

We will use your feedback to highlight areas for improvement which will form the Action Plans for 2016. We are still working on the ongoing Action Plans that we put in place following the last survey and will continue to keep updating you with the results.



Your feedback is very important to us and I would reiterate again that all the results are confidential which means that we are never informed how an individual has responded to the survey.

We will be making the donations to our 3 appointed charities: Help for Heroes, RSPB and NSPCC, each will receive £692.

Thank you once again for your support for the survey.

Farewell Bob Cadman....



Bob Cadman retired recently after many years in the Quarrying Industry.

Bob ran his own company supplying on-site fabrication services to the industry and a lot of his work centred around Taffs Well Quarry and its many owners from Steetley through to RMC. In 2004 Bob eventually joined CEMEX as an employee and took up the role of Maintenance Supervisor again based at Taffs Well Quarry, but covered other sites when the need arose. Bob was a fountain of knowledge and his experience will be missed by all who knew him.

Bob (left) was presented with a farewell card and gift from his colleagues by Site Manager, Graham Warrington.

Rugby Town, Rugby Cement and Rugby the Game - Wayne Couldn't Get More Rugby...



Wayne Morgan is one of our Packing Plant Team Leaders at our Rugby Plant. He and his family are Rugby mad and have been for a few generations. In the run up to the World Cup, O2 were seeking to find 100 individuals from across the country to update social media sites about England Rugby - these 100 were called the Rose Army - Wayne's son, Kurt, put himself forward and was chosen as one of the hundred.

O2 then asked for a family to volunteer to be filmed for a short film about supporting England. The family needed to be from a Rugby playing background and also be fanatical about the England rugby team. The Morgan family was a perfect fit! They were lucky enough to be chosen.

For starters they were from the home of the game and also had a history of playing for Rugby Lions. Wayne's Great Uncle played for Rugby Lions, his Dad (Colin) managed there, Wayne played there and now his son Kurt is Captain of the 2nd Team there.

A film crew came to his Mother's house and filmed them for around 6 hrs. The following week they took all of the family to England v Ireland at Twickenham. The final video is on YouTube and is called 'In the blood - the power of support' https://youtu.be/Wwo_i4CTMkQ

Shame England are no longer in the running....

Thanks for your Effort September Winner is...



Our Shipping Team in Readymix Sheffield - including David Sowden, Mark Taylor, Kirsty Hughson, and Daisy Cole (and Mark Stevens who has since left the company)



are an integral part of our chain yet very often get overlooked. They were nominated for giving outstanding customer service, delivering 6,000m³ of concrete in a week without any issues. The Shipping Team ensured our customer service promise was upheld and provided dozens of solutions to our customers. The Team did this despite the fact that there are a lot of personnel changes taking place, so this made their performance even more remarkable.

Congratulations to the Team who will share the monthly team voucher prize.

September Thanks for Your Effort Nominations...



Well done to everyone who was nominated in September - there were a bumper 11 nominees. If you know anyone who has gone over and above the 'call of duty' and is an unsung hero, please nominate them for the monthly prize draw. Elizabeth Burns in HR is the contact, or fill in a form which you can find on the download section of the UK News website.

Thank you to this month's nominees for making CEMEX a great place to work:

Graham Coates – IHC, RMX Leeds Plant Cluster 7 - for pointing out a dangerous skip on site and getting it changed before someone was hurt.

Kenneth McAlpine - Unit Manager Asphalt, Gartshore - for going to a site late at night over 50 miles away to make sure it was secure after a trespasser had been injured.

Jason Barker - Asphalt Operations Manager - who put together and led asphalt training at all the customer service centres for all planning staff.

Chris Gregory - Assistant Quarry Manager, Poole Wharf - due to personnel changes Chris has been lone working for several weeks. He has single handedly kept the highest safety standards and maintained supply to all customers. His collaboration has been outstanding and his manner has been exceptional.

Thomas Henley - Shipper, Readymix - Tom has kept a cool head and customers and staff informed at all times during an exceptionally busy and stressful period. He has made a massive difference to the area and kept everyone safe at all times.

Phil Constable, Stuart Wood, Keren Castle - Commercial Aggs Team, Aggs - nominated by Sean McGinty for offering continued support to him during his first year out in the field and being available to guide and assist him where he needed it.

Cement Customer Services and Cement Commercial Team - a delay in the Rugby Cement Plant returning from shutdown meant that these Teams had to step-in to deal with backlog of orders and a 10-fold increase in orders at the same time. They dealt with the calls and orders magnificently keeping the disruption to the customer to a minimum.

Andrew Bradley, Lee Millington, Mark Fuller - Readymix Northern - their fast and professional behaviour meant that damage to the Plant during a small fire was minimised. They had to dig over six tons of material out of the mixer at the end of the fire which took them past midnight, but saved the mixer becoming clogged and minimised downtime at the Plant.



Callum McPhillips - Commercial Haulage Capacity Manager for Logistics Northern - Callum successfully led the planning and organization of the Aggs, Asphalt, Marine and Logistics Health & Safety stand down day. His collaboration and leadership were exceptional.

Matthew Wotton - Plant Manager, Readymix High Wycombe - his diligence meant that he spotted the wrong mix had been sent to a customer from another Plant, he straight away rang the relevant people to sort it out.

Thank you to all of those who were nominated. Keep the nominations coming in for October....

Internal Vacancies

IVC Ref	Position	Company	Location	Closing Date
283-09-2015	Aggregates Trainee (Manager)	Aggregates Midlands	Manor Pit Quarry	14/10/2015
284-10-2015	Plant Manager	Readymix	Luton Readymix Plant	16/10/2015
285-10-2015	Planner/Shipper	Readymix	London	08/10/2015
286-10-2015	LGV C Driver x 2	Logistics	Divethill	09/10/2015
287-10-2015	LGV C Driver	Logistics	Selby	09/10/2015
288-10-2015	Technical Supervisor	Building Products - Floors	Wick (Base) and Rochester	16/10/2015
289-10-2015	Transport Planner	Readymix Northern	Sheffield Office	12/10/2015
290-10-2015	Multi Skilled Operative	Asphalt	Trafford Coated Stone	23/10/2015
291-10-2015	Multi Skilled Operative – Primary Dayshift	Aggregates Northern	Dove Holes Quarry	16/10/2015
292-10-2015	Quarry Operative	Aggregates Central	Cromwell Quarry - Midlands	19/10/2015
293-10-2015	Quarry Operative	Aggregates Central	Manor Pit Quarry - Baston	16/10/2015
294-10-2015	Internal Sales Representative	UK Readymix	Rugby Office	20/10/2015
295-10-2015	Administrator	Cement	Tilbury Plant	20/10/2015
296-10-2015	Plant Operative - Dayshift	Aggregates Southern	Dagenham Wharf	23/10/2015
297-10-2015	Senior Sales Agent	UK Readymix	Rugby Office	14/10/2015

For further details on other roles and a full listing of other vacancies, together with information on how to apply, please log on to CEMEX Shift > My Services > Internal Vacancies>New IVCs.

We would love to hear from you for the next edition



To send us a story: either click on 'submit a story' on the UK News website or email gb-communicationsandpublicaffairs@cemex.com or call us on 01932 583 217/006.

If you can, please include a photo too (taken in super fine landscape setting and saved as a jpeg.) Thank you.







*drink less

Safe drinking guidelines & binge drinking

The UK Department of Health's current advice on sensible drinking is:

- Men – up to 3-4 units per day, or 21 units a week
- Women – up to 2-3 units per day, or 14 units a week



Whether you track your drinking by units per day or units per week the current advice also states that, in addition, you should also have two days a week free of alcohol.

The limits are lower for women because women's bodies have a higher fat to water ratio making them less able to dilute alcohol in the body and to process alcohol as effectively.

What is a unit?

Units were created in the 1970's and were therefore based on the popular and available drinks of the time, that's why 1 unit is equivalent to:

- A small glass (125ml) of 9% ABV wine
- Half a pint of 3.5% ABV bitter or lager
- A single measure (25ml) of 38%-40% ABV spirits

ABV stands for 'alcohol by volume', it's a measure of the alcoholic content in drinks expressed as a percentage of the whole drink. All alcoholic drink containers carry the ABV value on their labels, so a bottle of wine that says '13 ABV' or '13%' on its label contains 13% pure alcohol.

The problem today

Most of us think of units in terms of the size of the drink, for example, a glass of wine or a shot of spirits is one unit and a pint of beer or lager is two units. But a unit is based not just on size but also on the alcoholic strength of the drink.

Today, we have much stronger wines and beers/lagers and we are served with larger glasses of wines and bigger shots:

- A lot of lagers or ciders are now 5% ABV, which is 2.8 units per pint.
- The average pub wine is now 12% ABV and is served in a medium glass size (175ml) which is 2.1 units or a large glass size (250ml) which is 3 units.
- Measures of spirits are often sold in 35ml shots (rather than 25ml shot) which are 1.5 units.

What is the impact?

Mintel, the market researchers, have found that the amount of pure 100% alcohol consumed by British drinkers has increased by 10% since the year 2000, even though the actual volume of alcohol consumed has remained static throughout this period. So people are drinking the same amount but the strength of what they're drinking is increasing.



*drink less

Safe drinking guidelines & binge drinking contd

It may be that most of us are not aware of ABV and don't even notice. So although we are all getting more concerned about leading healthier lifestyles, by stealth we are actually drinking more alcohol!

Beer/lager /cider	Bottle (330ml)	Can (440ml)	Pint
5% ABV	1.7 units	2.2 units	2.8 units
Wine	Small glass	Medium glass	Large glass
13% ABV	1.6 units	2.3 units	3.3 units

What is binge drinking?

Binge drinking is classified as drinking more than double the daily allowance:

- Men – 8 or more units in one day
- Women – 6 or more units in one day

Because a unit is based not just on the size of the drink but also its strength, many of us may not be aware that we may be binge drinking more often than we care to think.

Assuming you're drinking either a 5% beer/lager/cider; or a 13% wine, then:

	You are binge drinking if you drink...
Men	3 pints or more; or 3.5 medium sized glasses of wine
Women	2 pints or more; or 2.5 medium sized glasses of wine

This level of drinking is classified as a 'heavy session' after which you should take a break from drinking alcohol for 48 hours to let your body recover.

Regular v binge drinking

As far as the long term health risks are concerned, regular drinking is no better than binge drinking - it is the overall alcohol intake that counts. If you do have a drink on most days then you may be storing up trouble for yourself.

Drink-free days

- Try not to drink alcohol every day: if you are a moderately heavy drinker give yourself a rest for at least two to three days a week.
- If you try to cut out alcohol from Monday to Thursday and find it difficult then you probably have a degree of alcohol dependency, and this in itself is something that you should be thinking about.

Pregnant women

If you are pregnant or trying to get pregnant then think carefully about whether you should be drinking alcohol.

Top tips for alcohol reduction

- Alternate an alcoholic drink with a non-alcoholic one
- Have two alcohol free days a week
- Find other ways to relax when you are stressed
- Avoid drinking on an empty stomach, the presence of food in the stomach will help delay the absorption of alcohol into the blood and stop you getting drunk very quickly
- Sip your drink slowly so it lasts
- Don't top up your glass before you have finished a drink so you can keep an eye on exactly how much you are drinking



*drink less

The unit values of popular drinks

PLEASE NOTE: The following unit values represent typical values only.



Low alcohol beer, lager & cider	Bottle (330ml)	Can (440ml)	Pint (568ml)	Litre
	Units	Units	Units	Units
2%	0.7	0.9	1.1	2

Beer, lager & cider	Bottle (330ml)	Can (440ml)	Pint (568ml)	Litre
	Units	Units	Units	Units
4%	1.3	1.8	2.3	4
5%	1.7	2.2	2.8	5
6%	2	2.6	3.4	6
9% Super	3	4	5.1	9



Wine	Small Glass (125ml)	Standard Glass (175ml)	Large Glass (250ml)	Bottle (750ml)
	Units	Units	Units	Units
10%	1.25	1.75	2.5	7.5
11%	1.4	1.9	2.8	8.3
12%	1.5	2.1	3	9
13%	1.6	2.3	3.3	9.8
14%	1.75	2.5	3.5	10.5



Spirits	Standard Measure (25ml)	Large Measure (35ml)	Standard Double (50ml)	Large Double (70ml)
	Units	Units	Units	Units
Gin, Rum, Vodka, Whiskey	0.7	0.9	1.1	2



Alcopop	Bottle (275ml)
	Units
5%	1.4



Fortified Wine	Measure (50ml)
	Units
17.5 - 20%	1