

## CHILTERN TRANSPORT HEALTH, SAFETY & ENVIRONMENTAL POLICY

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### ALCOHOL POLICY

Guidelines on alcohol consumption compare drinks in terms of the number of units of alcohol they contain. For instance, a half pint of average-strength beer, a small glass of wine and a single spirit measure each contain one unit of alcohol.

When we drink, the units we consume get passed into our circulatory system. Here they mix with our blood and get pumped by our hearts to our brains, where they begin to take effect and alter the way we feel and behave.

The amount of alcohol in our bloodstream is measured in milligrams of alcohol per 100 milliliters of blood.

In an average-sized man, a unit of alcohol converts to approximately 20 milligrams per 100 milliliters, whilst in an average-sized woman, a unit results in a blood alcohol level of approximately 30 milligrams. The difference between men and women arises from the fact that women are generally smaller than men and their bodies, as a consequence, contain less fluid. When a unit of alcohol is consumed by a woman it therefore forms a greater concentration in her bloodstream than it would in the bloodstream of a man.

If you are a man of average build and you drink one and a half pints of average-strength beer, you will be consuming three units of alcohol. As alcohol gets absorbed quickly by your digestive system, the result will be that within a relatively short period you will have a blood alcohol level of some 60 milligrams per 100 milliliters.

Tests have shown that a person with a blood alcohol level of 60 milligrams has impaired judgment, is becoming reckless and should not be making important decisions.

Consume two pints (*a mere four units*) and your blood alcohol level will be 80 milligrams per 100 milliliters. At 80 milligrams tests have shown that the average person suffers from a marked loss of co-ordination.

you are a woman of average build, a blood alcohol level of 60 milligrams per 100 milliliters is reached after consuming just a single pint of beer (*the equivalent of just two glasses of wine or two shorts*), whilst 80 milligrams is reached by consuming just one further single unit.

With your judgment and co-ordination affected in this way, you are, for all intents and purposes, semi-detached from reality. Unfortunately, where plant, equipment and machinery are concerned, being semi-detached from reality could easily lead to serious accidents.

If having read this policy you believe you are consuming too much alcohol and want help in reducing your intake, the following organisations will be able to assist you. All calls will be treated as confidential.

<b>The National Alcohol Helpline</b>	<b>0800-917 8282</b>
<b>Al-Anon Family Groups</b>	<b>020-7403 0888 (for relatives and friends of alcoholics)</b>
<b>Alcoholics Anonymous</b>	<b>0845 769 7555 (Help Line)</b>

## CHILTERN TRANSPORT HEALTH, SAFETY & ENVIRONMENTAL POLICY

As an employer, it is our duty to promote and retain a safe working environment. After due consideration, we have decided that to permit people to work who have consumed alcohol is to put at risk not only the individual concerned, but his or her colleagues as well. As a consequence, we have determined that anyone found consuming alcohol whilst at work, or considered to be under the influence of alcohol during working hours, will be subject to disciplinary procedure.

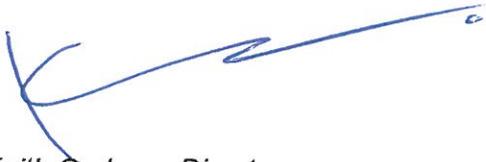
*Note: If the Chiltern Transport reasonably believes that anyone is under the influence of alcohol at work as a result of a drinking problem, then the outcome of any disciplinary procedure will generally include requesting the person to seek help from one or more of the organisations listed at the end of this policy.*

This policy applies to all categories of employee. The term 'categories of employee' refers to everyone working under the auspices of

In addition, all employees are engaged on the basis that they will provide the Chiltern Transport with their best endeavors at all times. As judgment and the ability to make decisions are an essential element of all jobs at all levels, and as alcohol affects judgment and the ability to make decisions, it is important that no category of employee should be excluded from this policy.

This policy applies to all employees of Chiltern Transport & Warehousing Limited and Chiltern Transport (Northern) Limited.

Signed

A handwritten signature in blue ink, appearing to read 'Keith Croker', with a long horizontal stroke extending to the right.

Keith Croker - Director  
Chiltern Transport & Warehousing Limited  
Chiltern Transport (Northern) Limited

Date: 25 Nov 2014