



When not to drink alcohol

Drinking to excess can be harmful, but there are also times when it's safest not to drink at all. These include:

- before you plan to drive or when you're driving
- before or when you're operating machinery, electrical equipment, or doing some DIY
- before or during swimming or other active sports
- if you're pregnant or taking medication.

Stay safe and drink sensibly!

Logon today at
www.asps.wellbeingzone.co.uk

Or create an account by clicking 'Register' and using the following code.

Organisation Code : **ASPS1**