

Alcohol and Safety



Alcohol Unit Calculator

Work out the Units in any alcoholic drink:

Strength (ABV) x Volume (ml) ÷ 1000 = Number of Units

Drink	Volume	Strength %	= Units
Lager - Carling, Guinness	568ml	4%	2.3units
Strong Beer - Heineken, Kronenbourg	568ml	5%	
Alcopops - WKD, Smirnoff Ice	275ml	5%	
Cider - Crabbies, Magners, Strongbow	568ml	5%	
Shots - Vodka, Gin, Smirnoff	25ml	40%	
Wine - standard glass	175ml	12 %	
Champagne	125ml	12%	
Strong Cider - Diamond White	275ml	7.5%	
Vermouth - Martini, Cinzano	50ml	15%	
Shots - Whisky, Brandy, Dark Rum	35ml	40%	
Strong Beer - Budweiser, Stella	568ml	5%	
Cream Liqueur - Baileys	50ml	17%	
Jagermeister	35ml	35%	

Good Advice:

Every unit of alcohol contains 56 calories!

Recommended Units are 3-4 units a day for a man; 2-3 units a day for a woman.

If you overdo it, give your body a day or two to recover.

These guidelines are for adults - there's no known safe level of drinking for under 18's.

Everyone's alcohol tolerance level is different.

True or False Quiz

Look at the statements below. Answer true or false for each statement and include the reason for your answer.

- 1) You can always sleep off a hangover and feel all right the next day.
- 2) It's impossible to know how much alcohol is in a bottle of drink.
- 3) A glass of beer, a glass of wine and a shot of spirits contain the same amount of pure alcohol.
- 4) Eating a meal before drinking alcohol stops a person from getting drunk.
- 5) Drinking plenty of water may reduce the effect of a hangover.
- 6) People are more likely to take risks after drinking alcohol.
- 7) People who drink a lot of alcohol on a regular basis may become tolerant, and even addicted, to it.
- 8) Women tend to be more affected by alcohol than men.
- 9) Pregnant women are advised to limit the amount of alcohol they drink.
- 10) The excessive consumption of alcohol carries health risks.



Decision Making

We are all perfectly capable of making poor decisions when sober, having too much alcohol in our system can mean that we make decisions that we wouldn't usually make in normal circumstances. We will have to live with the consequences of decisions we make whilst under the influence of alcohol.

This debate/discussion will explore how we make decisions when we are under the influence of alcohol about...

Road safety

Spiking

Drugs

Possessions, theft etc.

**Sexual experiences -
Who with and your own safety**

Route home

Injury



Who is in danger?

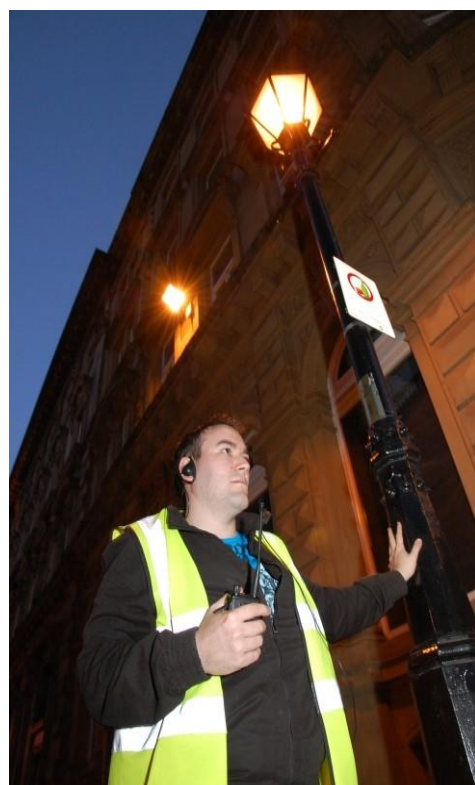
What caused that danger?

What did the Street Angels do to help?

What were the consequences if the Street Angels didn't help?

What could the long term affects to the person and their family and friends be? What other lessons can be learnt for you from this scenario?

The Street Angels helped a woman who was passed out in a Halifax town centre nightclub. After she had come around the door staff had carried her to the entrance. She was drunk and not making much sense! We decided she didn't need an ambulance and simply needed a taxi home. We found her home number on her phone called and spoke to her mother who said she would wait for her and pay the taxi fare. We got her into a taxi (making a note of the taxi number). A few weeks later she emails to say she could not recall how she got home she found our card on her person the day after and her mother confirmed Street Angels had helped her. She decides to stop drinking she realises at 33 she has spent all the money she has earned in 16 years on alcohol she lived for the weekend and nothing else. Through her doctor and Alcoholics Anonymous she admits her problem and successfully stays clear of drink.





A young lady is out clubbing with her friends she loses her handbag her phone, purse, ID, bank cards all gone. As she wanders off around the club looking for it her friends move on to the next club. Suddenly she can't find them or her bag coming outside she accepts help from a friendly lad the lad becomes too friendly and she becomes frightened. A passing team of Street Angels hear her story, though the lad is adamant he is her boyfriend. They see the fear in the girl and take her to the safe place cafe the Street Angels go into the club and find the bag under the seat where she was sat! All contents safe reunited with friends and contents...

Midnight and an elderly lady wandering in the town centre. Street Angels ask if she is ok and she says yes but we follow just in case. Police are contacted as we are worried for this ladies safety. In the bus station she is sat waiting for the next bus which is in 8 hours time but she is convinced it is lunch time. She knows she has to get to a neighbouring town but doesn't know where she lives. She is agitated upset the bus is not arriving and we are telling her it is 12.15am! The police call back she is missing from home 2 bus rides and 18 miles away the police take her home...



Group out for a night in Halifax from Stockton one January the coach is picking them up at 2am from the place it dropped them off. 2.50am they are wandering round town asking "have you seen my coach?" decide it probably left on time! They need to find extra money and wait for the first train back to Stockton a cold night of waiting on the station platform and possibly a loss of a job for one of them as they need to be in Stockton for work at 9am...

A young lad turns up at the cafe alone and covered in sick. Street Angels sit him outside as he spends the next hour throwing up into sick bowl after sick bowl. We find his mobile, clean it up, and trace some of his friends they come for him and on the third attempt we find a taxi driver willing to take him with sick bowls and bin bags as a precaution!

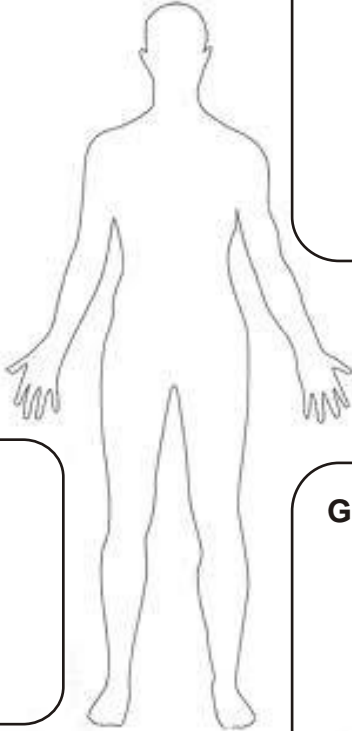


Impact of alcohol on a person...

Skin

Head

Eyes



Waist

Heart

Gut

Liver

Reproductive Organs

Dynamic Risk Assessment Scenario

You are a 'team leader' in a Street Angel project patrolling a main street in the town at 1am on a cold February morning. The area is generally quiet, with not many people about.

As you pass by a recessed shop doorway you see a lightly clothed female, about 20 years of age, sitting on the floor sobbing. She is holding a half-full bottle of an alco-pop type drink in her left hand, and has her right hand up to her face, covering her eyes.

Describe how the team will engage with the female.

Points to Consider:

1. **Team Safety** Initial verbal contact from a distance and note response before considering closer proximity (is she verbally or physically aggressive, what is she doing with the bottle?)
2. **Team Safety** One member to approach initially, with other(s) observing surroundings (is a 'boyfriend' likely to return and present a threat?); and make an initial threat assessment
3. **Victim Safety** 'Contact' volunteer to ascertain what has happened (has she been assaulted, abused, consumed too much drink or taken drugs; is she covering an injury with her hands?)
4. **Victim Assistance** Is ambulance or police attendance required? Are there any other public service referrals necessary (homeless, domestic abuse, mental health consider Social Services)?
5. **Victim Assistance** Basic first aid necessary? Need for a 'space blanket' to keep her warm?
6. **Victim Assistance** What can we do to help, and what help is she prepared to accept (is there a responsible friend or family member we can contact? Would she benefit from returning to the 'safe haven' of the café base to recover her composure and wait to be collected? Does she need a taxi, and if so what means does she have to pay the fare?)
7. **Adult Safeguarding** Are there any issues revealed during the contact which dictate them being reported to the project manager and/or other agencies (and what might these be)?
8. **Disengagement** What further assistance does the victim need is she in need of continued care by a responsible person? Provide with a leaflet explaining the project, so she knows who has offered assistance.
9. **Dynamic Risk Assessment** At what times within the 'contact' is an assessment of risk to both the victim and the volunteer being made, and who is making these assessments?

