



Government
of South Australia

SA Health

Alcohol - Take control

Be the guy who...

- **Knows his limits**
No more than 4 standard drinks in a session.
- **Has a plan**
Count your drinks and always have non-alcoholic spacers.
- **Is there for his mates**
If mates choose not to drink, support them. Don't let others drink and drive.
- **Is good to go to work**
Keep yourself and others safe at work.
- **Stays in control**
Losing control can cost you your job, friends and family.
- **Sets an example for others**
Never underestimate the role you can play in helping others make smarter choices.
- **Knows the health consequences of drinking too much**



For more information:
www.sahealth.sa.gov.au/healthyworkers



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