

Update to handbooks – new guidance issued on alcohol consumption

On 8th January 2016, the UK Chief Medical Officers issued new guidelines for alcohol consumption. Due to this new guidance, learner materials and assessments offered by BIIAB will be affected. The guidance should be included in any lesson plans, and note that assessment will also be affected immediately. BIIAB have ensured that learners who have completed assessments which refer to previous versions of the guidance will not be disadvantaged.

Whilst every effort has been made by BIIAB to identify all affected areas of the handbooks, it is possible that some may have been missed. Should you identify any such areas, please notify BIIAB immediately at qualifications@bii.org.

Handbook/Workbook	Text to be updated
<p>BIIAB Level 2 Award for Personal Licence Holders workbook</p> <p>Edition 11 August 2015</p>	<p>Page 46 – The Definition and Nature of Alcohol and How it Affects the Body</p> <p>Consequences of excessive consumption of alcohol</p> <p>Remove paragraph and replace with text:</p> <p>Chronic drinking/alcoholism is where an individual consumes excessive amounts of alcohol on a regular or daily basis, over a long period of time. The UK Chief Medical Officers advise that men and women are safest not drinking more than 14 units per week. Pregnant women are advised to not drink alcohol at all.</p> <p>The UK Chief Medical Officers suggest that if you want to reduce your alcohol intake, a good way to do this is to have several drink-free days. If you are drinking on a single occasion, it is advised to limit the total amount of alcohol that may be drunk. Drinking more slowly, drinking with food and alternating with water are also recommended. If you do drink 14 units per week, it is best to spread this evenly over 3 days or more and not “save up” your 14 units.</p> <p>(graphic to be amended)</p> <p>Page 48 – What you need to know</p> <p>Remove last bullet point in box and replace with:</p> <p>Men and women are advised it is safest not to drink more than 14 units per week.</p>

<p>BIIAB Level 2 Award for Personal Licence Holders handbook</p> <p>Edition 6 October 2015</p>	<p>Page 67 – Nature of Alcohol and How it Affects the Body</p> <p>17.9 Recommended safe limits of alcohol</p> <p>Remove bullet points a) and b) and replace with:</p> <ul style="list-style-type: none"> a) The UK Chief Medical Officers released guidance from evidence gathered all over the world on the effects of alcohol on health and the length of life. b) Men and women are safest not drinking more than 14 units per week. Pregnant women are advised to not drink alcohol at all. c) The UK Chief Medical Officers suggest that if you want to reduce your alcohol intake, a good way to do this is to have several drink-free days. d) If you are drinking on a single occasion, it is advised to limit the total amount of alcohol that may be drunk. Drinking more slowly, drinking with food and alternating with water are also recommended. e) If you do drink 14 units per week, it is best to spread this evenly over 3 days or more and not “save up” your 14 units.
<p>BIIAB Level 1 Award in Responsible Alcohol Retailing</p> <p>Edition 13 July 2015</p>	<p>Page 13 – What is alcohol and how does it affect us?</p> <p>1.5 Units of alcohol and recommended daily limits</p> <p>Remove bullet point e) and replace with:</p> <ul style="list-style-type: none"> e) The UK Chief Medical Officers recommend that: <ul style="list-style-type: none"> • Men and women are safest not to drink more than 14 units per week • Pregnant women are advised not to drink alcohol at all • If a person is drinking on a single occasion, it is advised to limit the total amount of alcohol that is drunk. Drinking more slowly, drinking with food and alternating with water are also recommended • If as many as 14 units are drunk per week, it is best to spread this evenly over 3 days or more and not “save up” the 14 units.
<p>Scottish Certificate for Personal Licence Holders & Refresher Course Handbook</p>	<p>Page 53 – Alcohol, Drugs and Disorderly Conduct</p> <p>3.1.2 Common patterns of alcohol consumption in Scotland</p> <p>Remove text and replace with:</p> <p>Low-risk drinking The following advice is based on the UK Chief Medical Officer’s revised ‘low risk’ drinking guidelines:</p> <p>Men & women Men and women are advised:</p> <ul style="list-style-type: none"> • You are safest not to drink regularly more than 14 units of alcohol per week, to keep health risks from drinking alcohol to a low level • If you do drink as much as 14 units per week, it is best to spread this evenly over 3 days or more. If you have one or two heavy drinking sessions you increase your risks of death from long-term illnesses and from accidents and injuries • If you wish to cut down the amount you’re drinking, a good way to help achieve this is to have several drink-free days each week • Women who are pregnant or planning for a pregnancy are advised that the safest approach is not to drink alcohol at all.