

# Alcohol Units and Risk Information sheet



Date.....

Client's name.....

Worker's name.....

Comments.....

<b>Drinking levels</b>	<b>Male units</b>	<b>Female units</b>
Safer use/lower risk	3-4 units per day on a regular basis or 21 units per week	2-3 units per day on a regular basis or 14 units per week
Hazardous/increasing risk	More than 4 units per day on a regular basis or 22-50 units per week	More than 3 units per day on a regular basis or 15-35 units per week
Harmful/higher risk	8 or more units per day on a regular basis or 50 units per week	6 or more units per day on a regular basis or 35 units per week
Possible dependence	Daily drinking and scoring a 20 or more on the Alcohol Users Disorders Identification Test (AUDIT)	Drinking daily and scoring 20+ on alcohol screening tool
Binge drinking (drinking over recommended limits in one session)	8 units or more on one occasion	6 units or more on one occasion

It's recommended you have at least two drink-free days a week.