



# GMB LONDON REGION

[www.gmb-asda.com/support](http://www.gmb-asda.com/support)

GMB YOUR VOICE IN ASDA

DECEMBER 2024

## MAKE XMAS SAFE. THINK AND PLAN AHEAD!

Dear members,

GMB want all our members to have a Merry Christmas and make it a SAFE Christmas.

It's the time where work colleagues, family and friends come together to celebrate the Christmas spirit.

It's a time to drink, party, be with loved ones and a time to enjoy yourselves.

While you are at work we do not want you to be thinking:-

- Was I safe to drive?
- Am I safe to work in store?
- Am I putting myself and others in danger?



### It is not worth it. THINK and PLAN ahead.

Drink and drugs can:-

- Slow your reactions.
- Make you feel over confident.
- Increase the chance of accidents.
- Cost you your driving license.
- Lose you your job.
- Ruin your relationships.

**Don't Drink To Excess Or Take Illegal Drugs Prior To Working A Shift.**

## Stay Safe And Enjoy Your Christmas!

If you are impacted by this issue and would like support or advice, please contact our office directly at 01603 626492, or visit our GMB Members' Support Centre at [www.gmb-asda.com/support](http://www.gmb-asda.com/support)

### GMB ASDA London Region

For assistance visit the GMB Members Support Centre  
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