



## ULTRA ACCESS

### Drugs and Alcohol in Scaffolding

#### And dreaded "Monday Club" thats hurting our great industry

Walk onto any UK Construction site before 8am, throughout the week and you could smell one of the issues before you see it; the sharp, sour odour of last night's beer on the breath of the scaffolders sitting in the drying room, the canteen, or down at the smoking area...

This, for the most part is self-managed and managed reasonably.

... however, come Friday after work you would regularly see scaffs, with the customary shoulder-ripped t-shirt or jumper at the bar of any pub, laughing, joking and putting up far more imaginary "square-age" (or meterage) than they ever managed at work.

You could call it "out-scaffing-eachother" - and its all harmless fun, banter is in our blood.

It's a hard job, scaffolding - filled with tough, hardworking men (and some women) who risk their lives and wreck their bodies without much in the way of career sustainability or progress, forced to work to tight completion time schedules in all kinds of weather, all year long.

This has an undoubted psychological effect on the scaffolders, who many-of not only drink too much, but with some also known to dabble in other (less legal) substances as a way to cope with the pressures of the job...

... and that pressure is extreme, added to the fact that one slip or misjudgement at literally any time at work could mean their deaths or the deaths of others, or one tube picked up wrong could mean several weeks off with a serious muscular-skeletal injury, without much chance of getting payment other than the customary statutory sick pay.

Each weekend, many of the scaffs play hard to match hard graft during the week.

But...

When Monday morning comes around and the dreaded "Monday Club" opens its doors, many thousands of scaffolders will not be in any fit state to be at work, and this has a large part due to excessive use of alcohol and the (unfortunate) habitual usage of cocaine and other such substances like speed, and cannabis used as a coping mechanism.

... and it's one of many things thats **DESTROYING OUR INDUSTRY.**

More efforts need to be made to help those in our industry who are dealing with addiction to substances, that not only ruin lives, but could cause serious issues when working in the usual dangerous circumstances that scaffolders regularly find themselves in.

Theres other publications created by **ULTRA ACCESS** - like our numerous ones on mental health and BBS (**B**ehavioural **B**ased **S**afety) that could be linked to this one.

Theres also plenty of organisations dedicated to helping those with addictions and who are struggling in our industry with the pressures of the job, and mounting pressure of simply existing in an ever more expensive and unfair world.

**Don't punish the scaffs for falling into this trap, it's easier than one might think. Try to help them... they're more important than most people realise.**

ULTRA ACCESS  
Scaffold Technical Support

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