



Fit for work, fit for life
Alcohol Awareness

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Objectives

Increase awareness of the concept of a standard drink as a measurement of alcohol consumption

Increase awareness of what constitutes a standard drink across a range of alcoholic beverages

Promote a positive attitude to the practice of measuring the amount of alcohol you have in terms of standard drinks

Generate intentions to measure the amount you drink in terms of standard drinks

What is a standard drink?



A **STANDARD DRINK** is the amount of any type of alcoholic beverage (served alone or with a mixer) that contains 10g of pure alcohol.

Standard drinks are a simple and effective way to keep track of how much alcohol you are drinking.

YOU MAY BE INTERESTED TO KNOW:

a nip of spirit equals a standard drink

a bottle of wine equals seven and a half standard drinks

a can of full strength beer equals one and a half standard drinks

Standard Drink



**A Standard drink is one with 10mls of alcohol.
For example:**

One schooner (425ml) of light beer

One middy (285ml) of regular beer

One small glass (100ml) of wine or champagne

One small glass (60ml) of sherry or port

One nip (30ml) of spirits/liqueur

Is drinking safe?



The guidelines for women are less than for men because women have less lean muscle tissue.

In terms of lifestyle the following 'Scale of Risk' can help you make decisions about how much you choose to drink.

STANDARD DRINKS PER DAY			
Scale of Risk	Low	High	Harmful
Female	2	4	> 4
Male	4	6	> 6

Risks associated with excessive drinking



INTESTINES

- Inflammation
- Bleeding
- Ulcers

NERVOUS SYSTEM

- loss of sensation to hands and feet
- tingling

HEART

- high blood pressure
- irregular pulse
- damaged heart muscle

BRAIN

- memory loss
- confusion, disorganisation
- hallucinations, fits
- permanent brain damage
- impaired ability to learn
- permanent loss of balance

GENERAL

- obesity
- mood and personality changes
- accident prone
- anxiety
- after effects on self, work and family
- impotence

MUSCLES

- weakness
- tissue loss

STOMACH

- inflamed lining
- bleeding
- ulcers

LIVER

- impaired liver function
- swelling and pain
- alcoholic hepatitis
- cirrhosis (irreversible scarring)
- cancer

PANCREAS

- inflammation - painful
- bleeding

How to avoid harmful drinking?



Drink water or some other non-alcoholic drink first as a thirst-quencher.

Having a spacer - alternating drinks with an alcohol free drink.

Eating before or during drinking (alcohol is absorbed more slowly when food is in the stomach).

Trying low alcohol or non-alcohol alternatives.

Remembering to keep track of standard drinks.

Finishing one drink before having another and not topping up.

Avoid drinking rounds or shouts.

Setting a limit and sticking to it.

Knowing when you've had enough and saying so.

Not driving, swimming or working while under the influence of alcohol.

Watching your temper while under the influence of alcohol.

Popular myths about alcohol



- | | |
|-------------|---|
| Myth | Any amount of alcohol is good for you. |
| Fact | Some medical research suggests that small amounts may be good for heart and circulation. Key words are small amounts. |
| Myth | Coffee, cold showers and fresh air can sober you up. |
| Fact | None of these reduce the amount of alcohol in your blood. On average, the liver is able to break down alcohol at the rate of one standard drink per hour. |
| Myth | It's OK to save up all your drinking for the weekend. |
| Fact | False. Drinking above the low risk levels on any one occasion can increase the risk to you health and well-being. |
| Myth | Alcohol only affects your health when you get old. |
| Fact | Alcohol can affect your health at any age, but if you drink at the low risk levels, you minimise the risk. |
| Myth | Alcohol helps you to sleep. |
| Fact | While some alcohol may help you get to sleep initially. It is common for people who have been drinking to wake up during the night and have difficulty returning to sleep. |

How can I reduce my BAC?

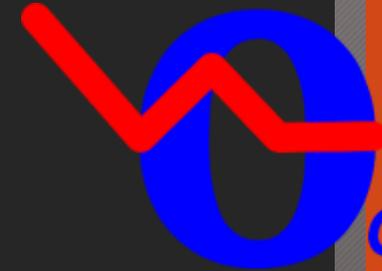


The only way is to wait, alcohol is eliminated by the liver at the rate between 4 and 12 grams per hour. It depends on your health. This amount is about three-quarters of a standard drink.

What this means is: if you had a lot to drink it could be late-morning the next day before the alcohol has left your body.

Even if your BAC has reduced, the debilitating “hangover” effects of alcohol reduces your efficiency and can make you a risk in the workplace

What factors affect your BAC?



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If you have been drinking, feeling sober is not a safe indicator of BAC. You may feel sober because your BAC is reducing, but it may still be elevated.

Medication increases the effects of alcohol.

Carbonated alcoholic drinks like champagne and spirits mixed with soft drinks can cause your BAC to rise more quickly than other alcoholic drinks such as beer.

If you are restricted to zero or .02 BAC and you drink any alcohol at all, then you will be over the limit.

How can I work out my BAC?



1. Work out the number of standard drinks you have consumed and multiply by 10. This tells you how many grams of alcohol you have consumed.
2. Multiply the number of hours you have been drinking by 7.5 grams (the average rate of elimination of alcohol from the body).
3. Subtract step 2 from 1.
4. Multiply your weight in KGS by 6.8 (if you are male) or 5.5 (if you are female).
5. Divide step three 3 by step 4 to give you your approximate BAC.

EXAMPLE

Jason is a 77kg male who has had three cans of full strength beer over two hours. A can of full strength equals 1.5 standard drinks. As a rough guide his BAC can be calculated like this:

$$\begin{array}{cccc} 1 & 2 & 3 & 4 \\ (4.5 \times 10) - (7.5 \times 2) = (45 - 15) / (77 \times 6.8) = .057\text{BAC} \end{array}$$