

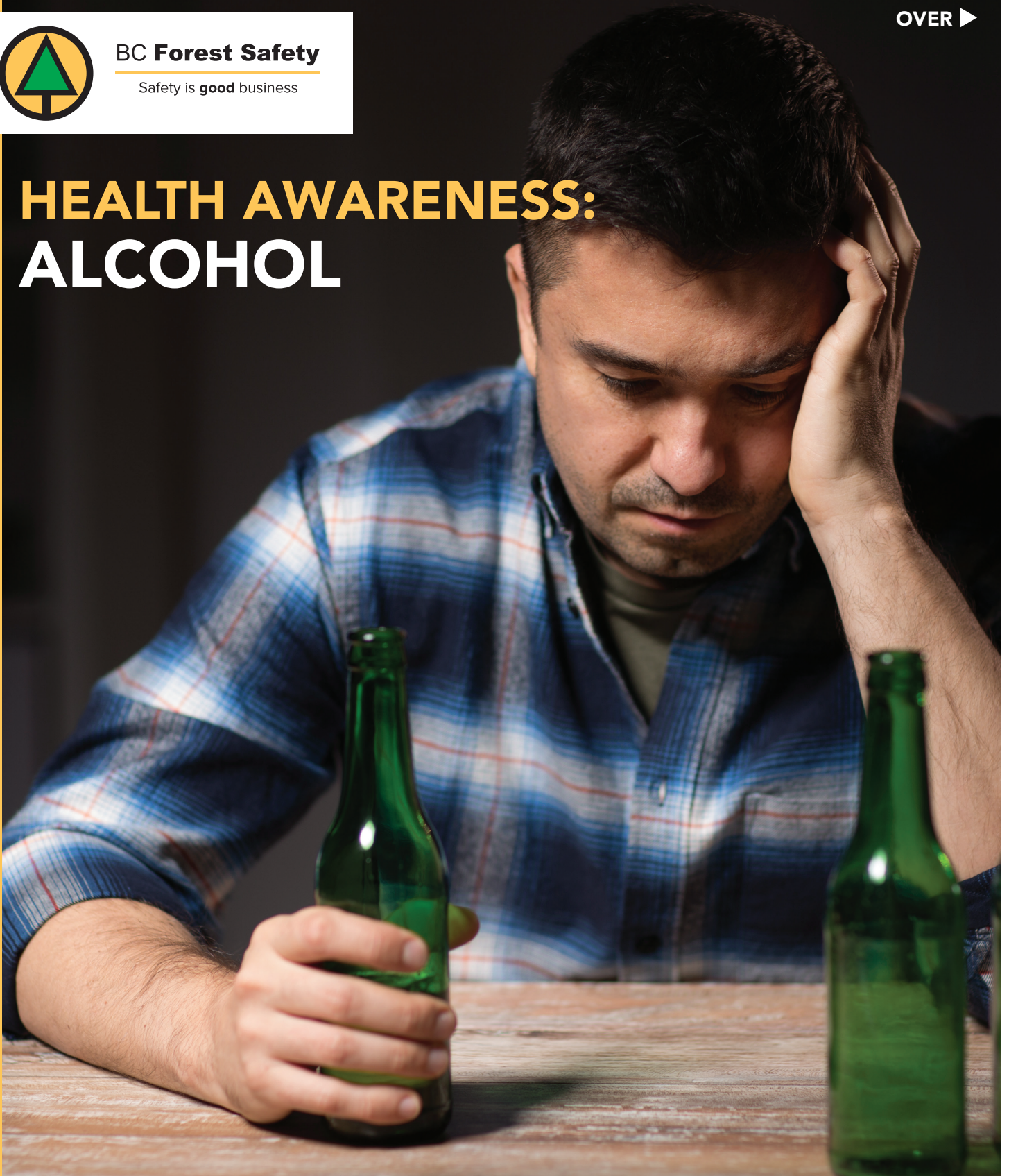


**BC Forest Safety**

Safety is **good** business

OVER ►

# HEALTH AWARENESS: ALCOHOL



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DATE: \_\_\_\_\_ FILE NUMBER: \_\_\_\_\_ DISCUSSION FACILITATED BY: \_\_\_\_\_  
(IF APPLICABLE)

Use this **Crew Talk** to lead and document a worksite conversation on alcohol consumption and the increased risks of workplace incidents, serious disease and destruction of lifestyle with a regular high-level intake of alcohol.

## KEY POINTS:

- Regular intake of alcohol above low-risk limits impacts every aspect of life including relationships, performance, mental ability, and emotional, financial and physical health.
- There is a much higher incidence of serious workplace incidents, cancer, liver failure and many chronic diseases in people who consume alcohol above low-risk limits.
- Alcohol acts the same way on your body whether you drink beer, wine or hard liquor – the critical factor is the amount of alcohol that you consume, and the speed that you drink it at.
- One serving of beer is only 341 ml (12 oz), wine 142 ml (5 oz) and hard liquor 43 ml (1.5 oz). The size goes down for higher proof versions. These are smaller amounts than many prepackaged or poured drinks.
- The low-risk limits are less than 15 servings a week or 3 standard size drinks per day for men, 10 servings a week or 2 drinks per day for women and smaller stature people.
- Consume alcohol slowly (1 serving per hour) with water and food to help process the alcohol. Avoid combining alcohol with drugs or medications.
- Suggest something that you can do to support someone who is drinking too much.
  - Ask them if they are ok and if they are struggling with personal problems and ask your health and safety team and/or your health care provider for information on how to support the individual or if there is a mentorship program, give the person information on free local substance use services including Alcohol Anonymous, Canadian Centre on Substance Use and Addiction and BC Mental Health and Addiction Services.

## RESOURCES:

- BCFSC Health Awareness: Alcohol Backgrounder and Poster Safe Alcohol Limits Guidelines
- Self-assessment Alcohol Consumption Guide
- BC Mental Health and Substance Use Services
- Alcoholics Anonymous
- Al Anon

## DISCUSSION LEADS:

- Can you name the signs of long-term excess alcohol intake?
  - Thinking about alcohol constantly, personality changes, increased anger and anxiety, avoiding friends and not participating in hobbies, neglecting responsibilities, engaging in secretive behaviours, flu-like symptoms, increased number of accidents and denial of the problem.
- What can you do to avoid building an alcohol dependency?
  - Set limits for yourself and stick to them. Drink slowly, limit yourself to 2 drinks within a 3 hour span, drink water along with alcohol, eat before and while you are drinking, lower your drink limit with age, lower body weight and health problems.
- Why do you think people who drink too much don't ask for help?
  - More than half those struggling with substance use say that the stigma associated with their struggle prevent them from asking for help.

**DOCUMENTATION:** I CONFIRM THAT I TOOK PART IN THIS DISCUSSION AND COMMIT TO FOLLOWING BEST PRACTICES FOR ALCOHOL INTAKE:

PRINT NAME:

SIGNATURE:

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