



**BC Forest Safety**

Safety is **good** business

# HEALTH AWARENESS: ALCOHOL



1. WHAT IS THE TRUE LIMIT ON HEALTHY ALCOHOL CONSUMPTION? VISIT [KNOWMYLIMITS.CA](https://www.knowmylimits.ca) TO LEARN MORE ABOUT ALCOHOL AWARENESS AND LOW-RISK DRINKING GUIDELINES.
2. HOW CAN YOU TELL WHEN AN ALCOHOL DEPENDENCY IS DEVELOPING? CHECK SOME OF THESE EARLY WARNING SIGNS:
  - IRRITABILITY AND EXTREME MOOD SWINGS
  - MAKING EXCUSES FOR DRINKING (TO RELAX, DEAL WITH STRESS, ETC.)
  - CHOOSING DRINKING OVER OTHER RESPONSIBILITIES
  - BECOMING ISOLATED FROM FRIENDS AND FAMILY
  - DRINKING ALONE OR IN SECRECY
  - FEELING HUNG OVER WHEN NOT DRINKING
  - SHORT-TERM MEMORY LOSS, LACK OF COORDINATION OR TEMPORARY BLACKOUTS
3. DID YOU ANSWER YES TO ANY OF THE EARLY WARNING SIGNS? HELP IS AVAILABLE. VISIT YOUR LOCAL DISTRICT AA, GO TO [BCYUKONAA.ORG](https://bcyukonaa.org) FOR LOCAL MEETING INFORMATION OR CONNECT WITH YOUR EFAP FOR CONFIDENTIAL SUPPORT.

LOCAL AA: \_\_\_\_\_