

Northwestern Health Unit



Series 2 – Substance Abuse Prevention in the Workplace

Part A: Alcohol





Introductions



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Audio and PPT

This presentation is part A of a substance abuse prevention in the workplace series by the Northwestern Health Unit.

Should you choose, an audio presentation accompanies these slides. Please follow along.

Alcohol

The overall purpose of this presentation is to understand how alcohol affects the body and the risks associated with use and abuse.



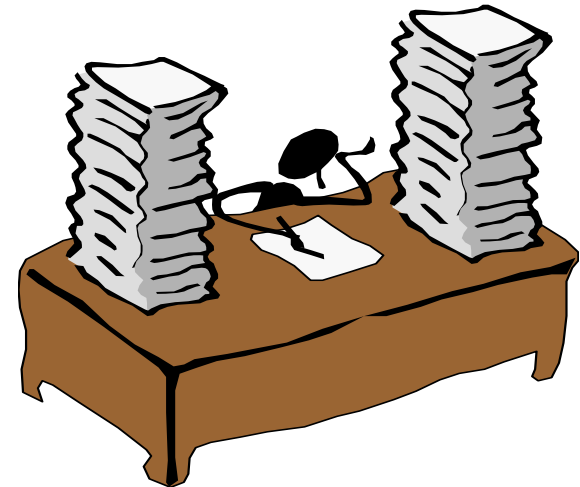


Alcohol Discussion Topics

- ◆ What is alcohol?
- ◆ How Alcohol Works
- ◆ Short Term Effects of Alcohol
- ◆ Long Term Effects of Alcohol

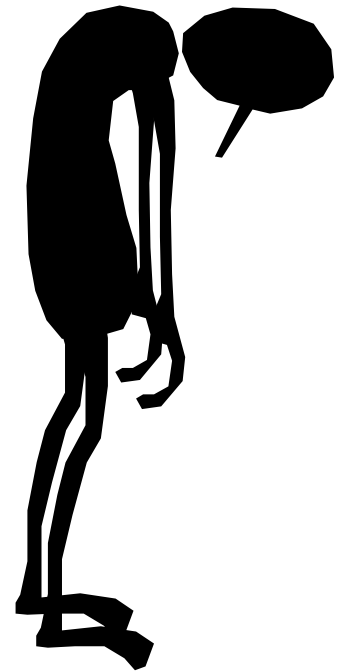
Alcohol Discussion Topics con't

- ◆ Drinking Patterns
- ◆ Low Risk Drinking Guidelines
- ◆ Alcohol Abuse
- ◆ Workplace Problems Associated with Alcohol Use & Abuse
- ◆ For More Information



What is Alcohol?

Alcohol is a drug that acts as a depressant on the central nervous system.





How Alcohol Works

- ◆ Consumed & absorbed
- ◆ BAC (Blood Alcohol Concentration)
- ◆ Metabolized-the difference between men & women
- ◆ Hangover
- ◆ Blackouts

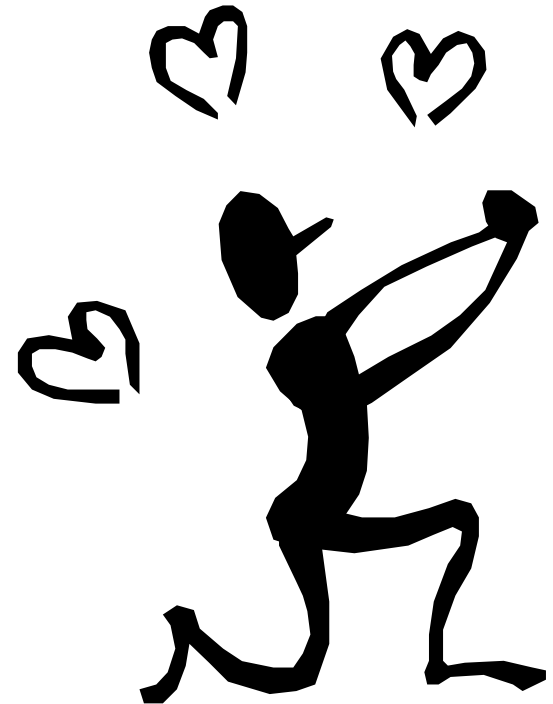
Short Term Effects of Alcohol

- ◆ Lowers inhibitions
- ◆ Slows down reflexes
- ◆ Feeling of drowsiness, dizziness
- ◆ Flushing of skin
- ◆ Slurred speech



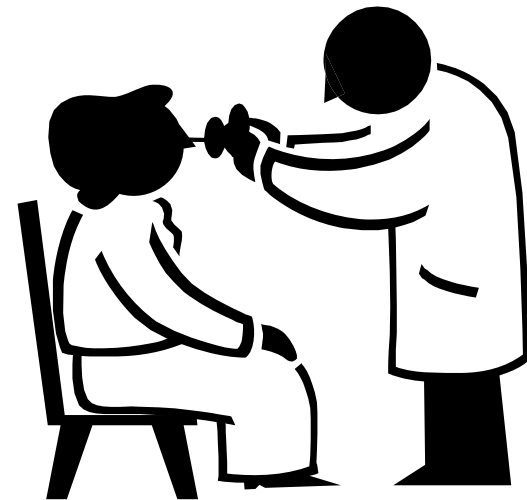
Short Term Effects

- ◆ Impaired judgment
- ◆ Blurred vision
- ◆ Staggered walk/reduced muscle control
- ◆ Happy & excited
Nausea & vomiting



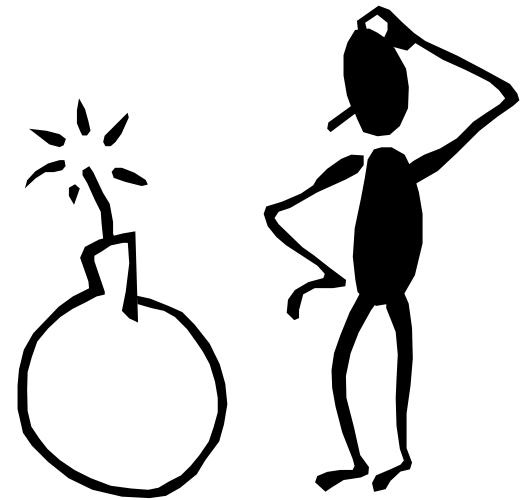
Long Term Effects of Alcohol

- ◆ Stomach ulcers
- ◆ Sexual problems
- ◆ Liver disease
- ◆ Brain damage
- ◆ Financial, legal & family problems



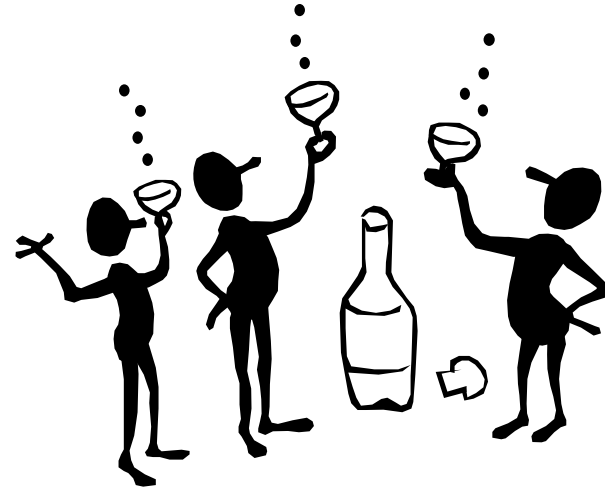
Long Term Effects

- ◆ Loss of appetite & vitamin deficiencies
- ◆ Increased risk of liver, throat, breast & other cancers
- ◆ Risk of stroke & heart failure
- ◆ Depression
- ◆ Alcohol dependency



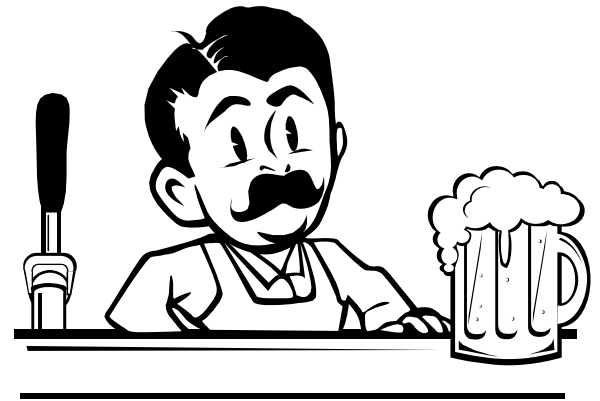
Drinking Patterns

- ◆ Social Drinkers
- ◆ Problem Drinkers
- ◆ Binge Drinkers



Low Risk Drinking Guidelines

- ◆ 1 Standard drink = 13.6 grams of alcohol=
- ◆ 5oz of wine
- ◆ 1.5 oz of spirits
- ◆ 12 oz of regular strength beer



Low Risk Drinking Guidelines

- ◆ No more than 2 standard drinks a day
- ◆ Men: up to 14 standard drinks per week
- ◆ Women: up to 9 standard drinks per week





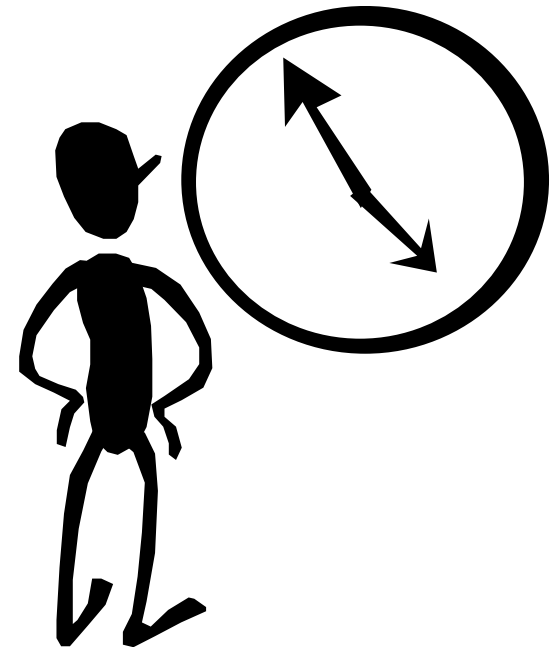
Alcohol Abuse



- ◆ Physical & Psychological Dependency
- ◆ Tolerance
- ◆ Withdrawal symptoms

Workplace Problems Associated with Alcohol Use & Abuse

- ◆ Absenteeism
- ◆ Tardiness
- ◆ Sick leave
- ◆ Health insurance claims
- ◆ Unsafe work practices
- ◆ Poor decision making
- ◆ Less effective job performance





Workplace Problems Associated with Alcohol Use & Abuse



- ◆ Friction amongst workers
- ◆ Injuries on & off the job
- ◆ Theft, fraud or embezzlement
- ◆ Damage to organization's public image
- ◆ Inappropriate use of supervisor's time & attention



Conclusion

- ◆ Education
- ◆ Workplace values
- ◆ Policy

For More Information

Alcohol Policy Network

www.apolnet.org

Alberta Alcohol and Drug Abuse Commission

www.aadac.com

Centre for Addiction and Mental Health

www.camh.net

Drug & Alcohol Registry of Treatment

www.dart.on.ca

1-800-565-8603

Addictions Foundation of Manitoba

www.afm.mb.ca

Red Lake Ear Falls FOCUS Coalition

www.focuscoalition.ca

Rainy River Substance Abuse

Prevention Coalition

www.preventingtragedy.org