

Smart Living

for a healthy workplace

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RETHINK: YOUR DRINKING

Rethink Your Drinking is an awareness campaign to help change the way we think about alcohol use. The campaign is not asking adults to stop drinking, instead we hope it encourages you to look at your relationship with alcohol, like why, when, and how much you drink. This summer, the campaign is focused on time matters. Read more to learn about why time matters when you drink.

If you would like to promote the **Rethink Your Drinking** Campaign at your workplace, call the Health Action line at 1-800-660-5853.

You can follow the **Rethink Your Drinking** campaign at: http://www.healthunit.org/alcoholdrug/alcohol/rethink_your_drinking.html

When it comes to alcohol... *Time matters*

When you have been drinking, there is no magic trick to help sober up. No amount of coffee; No cold shower. The only thing that works is TIME. Each person is unique in the amount of time required to sober up. There are many factors affecting how long it takes for your blood alcohol concentration (BAC) to return to zero, including:

- how much you drink,
- how fast you drink,
- your gender and age,
- your body size,
- your mood,
- the amount and type of food you have eaten,
- your past experiences with drinking,
- medications you are taking that may interact with alcohol, and
- your overall health.¹

If you choose to drink, reduce the risks to your health and safety by following the time matters tips on page 2.

Reference:

1. Government of Canada. "Government of Canada – Alcohol Abuse" Available online: <http://healthycanadians.gc.ca/healthy-living-vie-saine/addiction/alcohol-alcool-eng.php> (accessed 2015 Apr 15).

**SUBSCRIBE
for FREE**

If you would like to receive the **Smart Living** workplace newsletter either in hard copy or by email, please contact Lynda Earl at 1-613-345-5685 ext. 2215 or email: lynda.earl@healthunit.org



Time Matters Tips

When it comes to alcohol...

Time Matters



Increase the time between drinks

If you drink quickly, your body takes longer to recover. Try a 'spacer'. For every drink with alcohol have an alcohol-free drink like water, pop or juice.



Drinking slowly is safer

Take your time and have no more than 2 alcoholic drinks in any 3 hours. Avoid drinking games that require 'chugging'. If you drink a large amount of alcohol in a short period of time your Blood Alcohol Concentration (BAC) will rise quickly and increase your risk for problems.



Your body has limits

Here are ways to help reduce long-term health risks:

- **Women:** 10 drinks a week, with no more than 2 drinks a day most days
- **Men:** 15 drinks a week, with no more than 3 drinks a day most days
- Plan at least 2 **non-drinking days** every week so you don't develop a habit.



Special occasions

We all have reasons to celebrate. You can reduce your risk of harm – including injuries from falls, motor vehicle crashes, or abusive or violent behaviour – by limiting alcoholic drinks to no more than **3 drinks for women** or **4 drinks for men** on these occasions.

Reference

1. "Rethink Your Drinking." Available from: http://www.rethinkyourdrinking.ca/resources/Time_Matters/sm%20FACT%20SHEET%20Time%20Matters%20March%207%202013%20rev.pdf (accessed 2015 June 19).

Stay safe on the job

Alcohol can impact your job performance and increase your risk of injuries and accidents. Decision making and attention are also affected even when the amount of alcohol in your blood is low. To remain safe and productive at work and at home remember that time matters; your body needs time to reach a blood alcohol

concentration of zero.

Activities such as working, operating any machinery or vehicle, making important decisions, and caring for others should all be avoided until your blood alcohol levels are zero. If you choose to drink, follow the time matters tips to reduce risks to your health and safety.¹



Reference

1. Canadian Centre on Substance Abuse (CCSA). "Canada's Low-Risk Alcohol Drinking Guidelines." Available from: <http://www.ccsa.ca/Resource%20Library/2012-Canada-Low-Risk-Alcohol-Drinking-Guidelines-Brochure-en.pdf> (accessed 2015 June 19).

Impaired driving

Impaired driving means operating a motor vehicle while your ability to drive is impaired by alcohol, drugs or a combination of both.¹

Know the risks

- Impaired driving puts everyone on the road, including you, at risk for death and injury.
- Consequences for impaired driving include roadside suspensions, license suspensions, fines, jail time, the ignition interlock program, and educational workshops and treatment plans.²
- There are similar penalties for drinking while operating a motorized or non-motorized vessel, including boats, canoes, and inflatable rafts.³
- Remember, the consequences of driving impaired can affect your employment, your family, and your social life.

arrive alive
DRIVE SOBER
arrivealive.org

Choose a safe alternative

You have the power to minimize your risk. Never drive while under the influence of alcohol or other substances and never be a passenger in a car with a driver who has been drinking or is impaired from another substance such as cannabis (pot). Your life is too important to take these risks. Here are some alternatives to driving impaired:

- Choose a reliable designated driver.
- Use the arrive alive Drive Sober safe ride home app.
- Call a family member or friend to pick you up.
- Take the bus or a taxi.

Getting into a vehicle with an impaired driver or getting behind the wheel after you have been taking drugs or drinking is not safe. Remember, after a night of drinking you could still be impaired the next day. There are always safer alternatives that will reduce the risk of injury to you and others; make the safer choice!

Download the arrive alive drive sober app here: <http://www.arrivealive.org/arrive-alive-drive-sober/arrive-alive-app/>

Reference

1. Canadian Centre on Substance Abuse. "Canadian centre on substance abuse. Impaired driving." Available from: <http://www.ccsa.ca/Eng/topics/Impaired-Driving/Pages/default.aspx> (accessed 2015 Apr 17).
2. Ontario Ministry of Transportation. "Ontario ministry of transportation. Impaired driving." Available from: <http://www.mto.gov.on.ca/english/safety/impaired-driving.shtml#Consequences-of-drinking> (accessed 2015 Apr 17).
3. *ibid.*

Canada's low-risk alcohol drinking guidelines

When thinking about your own alcohol use, do you know your limits? **Canada's Low-Risk Drinking Guidelines** were developed for persons 25 years of age and older.

Watch this short video on Canada's Low-Risk Alcohol Drinking Guidelines (https://www.youtube.com/watch?feature=player_embedded&v=NbpdMFE-AIE)

Learn more about:

- a standard drink,
- ways to reduce your risks with alcohol, and
- when not to drink.¹

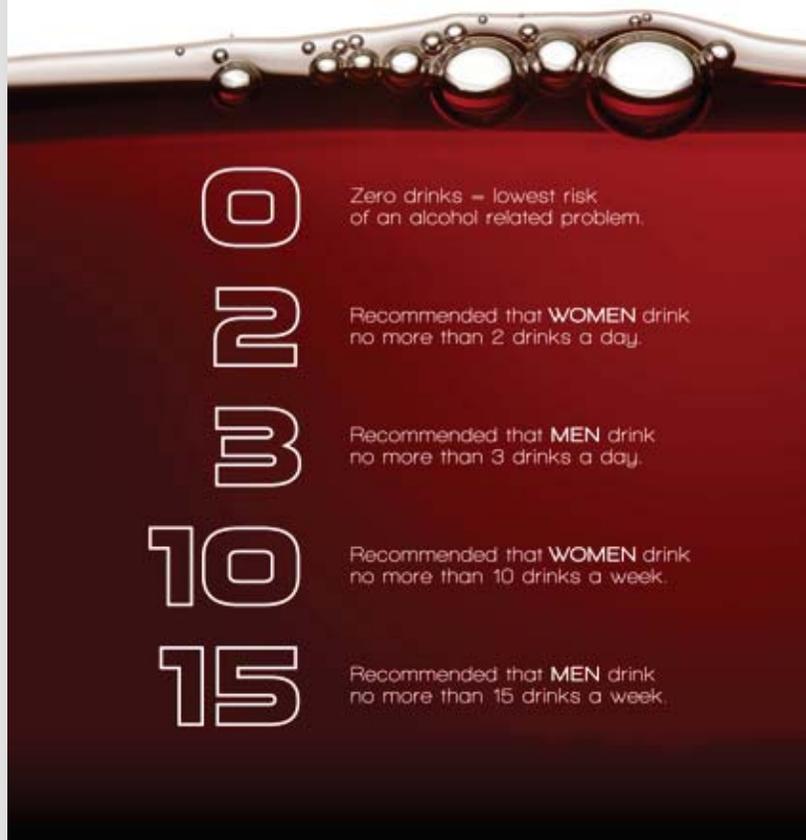
For more information on Canada's Low-Risk Alcohol Drinking Guidelines, visit <http://www.ccsa.ca/Eng/topics/alcohol/drinking-guidelines/Pages/default.aspx>

Reference:

1. "Understanding Canada's low-risk alcohol drinking guidelines" You Tube video, 3:08, posted by "The MiddleSex-London Health Unit" Available from: https://www.youtube.com/watch?feature=player_embedded&v=NbpdMFE-AIE (accessed 2015 Apr 20).

RETHINK: YOUR DRINKING

Do you know about
**CANADA'S LOW-RISK
DRINKING GUIDELINES?**



For these
Guidelines
One Drink
Means:



341 ml (12 oz.) glass of 5% alcohol content (beer, cider, cooler)



142 ml (5 oz.) glass of 12% alcohol content (wine, champagne)



43 ml (1.5 oz.) serving of 40% distilled alcohol content (rye, gin, rum, vodka)

... **SIZE** ...
MATTERS

It's time to act - **Seek help** for your drinking today

If you are concerned about your drinking or think you may need to cut down or quit, there are many supports in the community that can help.

Saying When is a free app by the Centre for Addiction and Mental Health (CAMH) that you can use to:

- Better understand when and why you drink.
- Set goals to quit or cut down your drinking.
- Track your drinking and urges to drink.
- Learn tips for success.
- Find out about available supports.



Download the Saying When app on iTunes <https://itunes.apple.com/ca/app/saying-when-how-to-quit-drinking/id881678936?mt=8>

Download and print the Saying When Poster for your workplace here: <https://www.porticonetwork.ca/web/camh-hprc/resources/substance-use>

The **Alcohol Help Center** is a free online resource that allows you to:

- Check and track your drinking.
- Estimate blood alcohol levels.
- Prepare to cut back or quit.
- Set goals.
- Plan for emergencies.
- Connect with a coach or support group.
- Receive motivational emails.

Visit the Alcohol Help Center by following this link: <http://camh.alcoholhelpcenter.net/>

For a detailed list of alcohol related supports in Leeds, Grenville and Lanark visit **Where to Go for Help** on the Leeds, Grenville, and Lanark District Health Unit website. <http://www.healthunit.org/alcoholdrug/alcohol/help.html>

Introducing the substance misuse workplace toolkit



The Health Unit is pleased to announce the release of the **Substance Misuse Workplace Toolkit**.

The toolkit will support your workplace in:

- Raising awareness on the risks of alcohol use and other substances.
- Designing a workplace alcohol and substance policy.
- Enhancing the skills of supervisors and staff on dealing with alcohol use concerns.
- Establishing a supportive environment for all staff.

Why is this toolkit important?

The Substance Misuse toolkit will help to create a safe, healthy, and supportive working environment. Workplaces will notice job performance improvements and cost reductions.

In Ontario, the estimated cost of substance abuse is \$9.2 billion per year in health care, law enforcement, and lost productivity. Alcohol use alone accounts for approximately half of these costs.¹ Prevention efforts and early interventions can save money and provide a better chance of success for employees struggling with alcohol and substance use issues.

For the full Substance Misuse toolkit and the guidebook on Comprehensive Workplace Health visit our website at <http://www.healthunit.org/workplace/>

Reference

1. Ontario Ministry of Health and Long Term Care. "Ontario ministry of health and long term care. Publications. Ontario programs for health promotion and disease prevention." Available from: <http://www.health.gov.on.ca/en/public/publications/hpromo/hpromo.aspx#one> (accessed 2015 Apr 17).

Blood alcohol timeline

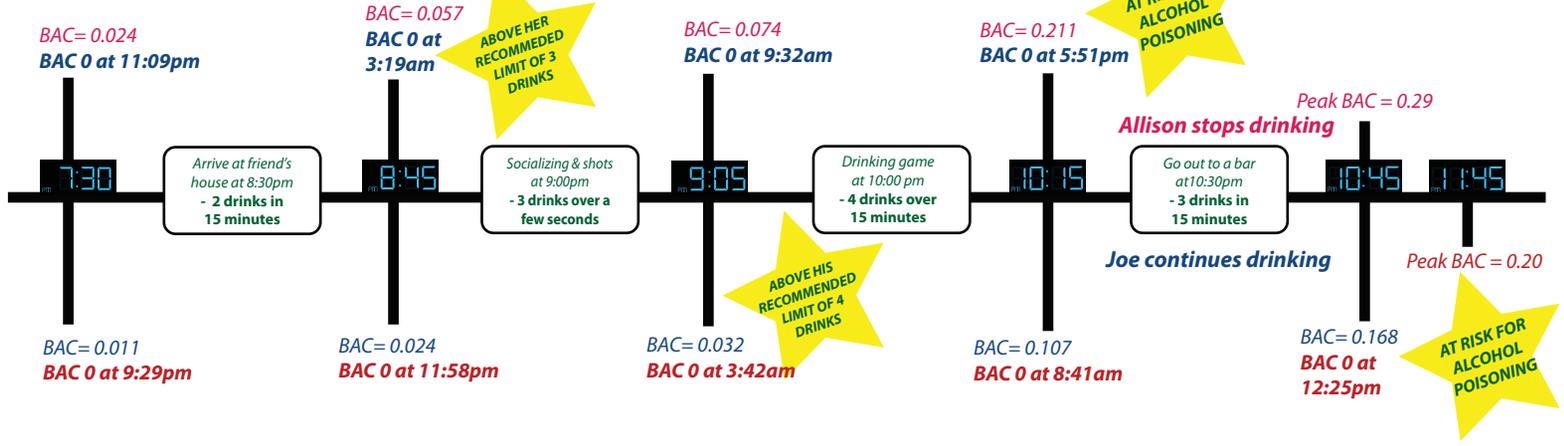
After drinking, it can take hours for your blood alcohol concentration to reach 0

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Allison

Joe



Be advised: These calculations have considered gender, body size, number of drinks, and the rate of drinking. Many other factors that can influence BAC's were not included in the calculation, such as medication use and food consumption.

It takes time for blood alcohol concentrations (BAC) to return to zero. During the time that Joe and Allison's blood alcohol levels are above zero, their ability to drive, care for others and make decisions is impaired.



www.healthunit.org 1-800-660-5853

Take action when you suspect alcohol poisoning.

Allison and Joe exceeded the drinking limits for special occasions outlined in Canada's Low-Risk Alcohol Drinking Guidelines. They were both at high risk for alcohol poisoning. Alcohol poisoning is a result of consuming too much alcohol, too fast. The body is unable to breakdown the alcohol which leads to bodily harm.

Signs and symptoms of alcohol poisoning include:

- Passing out.
- Vomiting while asleep.
- Cold, pale, blueish skin colour.
- Slow or irregular breathing.
- Seizures.

When someone has these symptoms, do not wait for all signs and symptoms to appear:

- Call 911. Sleeping it off is not an option.
- Put your friend or family member in the recovery position.
- Stay with the person.

Read more on alcohol poisoning and the recovery position on the Health Unit website :

<http://www.healthunit.org/alcoholdrug/alcohol/safepartying.htm>



Your gender affects your blood alcohol levels. From 7:00 pm to 10:15 pm Joe and Allison drank the same amount of alcohol at the same pace, but Allison had a higher blood alcohol concentration. It was also taking longer for Allison's BAC to return to zero.

The Canadian Centre on Substance Abuse explains that women are generally more vulnerable to the effects of alcohol for a few reasons:

- "On average, women weigh less than males.
- People who weigh less reach higher blood alcohol levels than people who weigh more.
- Women have more fatty tissue in their bodies, causing alcohol to be absorbed more slowly and the effects of alcohol take longer to wear off.
- Women have less water in their bodies to dilute alcohol. If a man and woman of the same weight drink an equal amount of alcohol, a woman's alcohol concentration will be higher.
- Women have lower levels of the enzymes that break down alcohol. This lower level of enzymes means that alcohol remains in a woman's system longer." ¹

¹ Canadian Centre on Substance Abuse (CCSA). Women and alcohol. Ottawa: Author; 2014. Available from:

<http://www.ccsa.ca/Resource%20Library/CCSA-Women-and-Alcohol-Summary-2014-en.pdf> (accessed 2015 Apr 20).



saying **WHEN**

based on
Canada's Low-Risk Alcohol Drinking Guidelines
 An app to help you think about why,
 when and how much you drink.



TRACK DRINKS + URGES
 Discreetly track and monitor
 your urges and consumption.



SET WEEKLY GOALS
 Set your own goals to fit your
 lifestyle.



VIEW YOUR PROGRESS
 Checkups allow you to look at
 your drinking pattern and view
 your success.



VIEW TIPS + STRATEGIES
 We'll provide you with plenty
 of tips for success.

FREE!  Available on the App Store

camh www.camh.ca

The Saying When app was designed and developed by the Centre for Addiction and Mental Health, Canada's leading addictions and mental health hospital. The program itself has been used with great success for over 20 years in book format, and it is now finally available in a mobile version.

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 YOUR **DRINKING.ca**

