



SAFETY TAILGATE MEETING

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| Company | EKC | Project | Andres Rodriguez | | |
| Date | September 09, 2024 | Time | 8:00 AM | Conductor | Andres Rodriguez |

ALCOHOL USE CAUTION

INTRODUCTION

There is a widespread use of alcohol in the United States. According to the 2019 National Survey on Drug Use and Health (NSDUH), 85.6 percent of people ages 18 or older reported that they drank alcohol at some point in their lifetime; 69.5 percent reported that they drank in the past year; 54.9 percent reported that they drank in the past month.

While drinking alcohol occasionally in moderation does not have major effects on your health and life, excessive drinking can.

In this meeting, we will discuss

- (1) Excessive Drinking**
- (2) Long Term Health Issues Related to Excessive Drinking**
- (3) Short Term Issues Caused by Alcohol**
- (4) How this Applies to Your Work**

EXCESSIVE DRINKING

Excessive drinking includes binge drinking and heavy drinking. According to the CDC:

- Binge drinking is the most common type of alcohol abuse and is defined as consuming 4 or more drinks for women during a single occasion and for men, 5 or more drinks during a single occasion.
- Heavy drinking is defined as consuming: 8 or more drinks per week for women and for men, 15 or more drinks per week.

Many people fall into these categories. While it may not seem like drinking this amount of alcohol may be an issue it certainly can lead to problems.

LONG TERM HEALTH ISSUES RELATED TO EXCESSIVE DRINKING

The CDC Reports that:

- High blood pressure, heart disease, stroke, liver disease, and digestive problems
- Cancer of the breast, mouth, throat, esophagus, liver, and colon
- Learning and memory problems- including dementia
- Mental health problems, including depression and anxiety
- Alcohol dependence or alcoholism

SHORT TERM ISSUES CAUSED BY ALCOHOL

There are many other problems drinking affects in the short-term. Alcohol affects our decision-making abilities as well as our motor skills. This leads to things such as risky sexual behavior, physical injuries due to falls, assault situations with other people, and motor vehicle crashes. When you drink too much, you do not make the best choices. Poor choices while being under the influence of alcohol leave many people injured, put into jail, or killed every single year.

HOW THIS APPLIES TO YOUR WORKPLACE

Alcohol is never allowed on the job. If you drink outside of work, it is important to do so responsibly. A split second decision under the influence of alcohol can change your entire life. Over the long term, alcohol abuse will negatively affect your health. Think about your health, your life, and your family before you drink the drink that puts you over the edge.

Group Discussion:

How can excessive use of alcohol outside of work affect your job or our company?

Attendees Names
Andres Rodriguez

Attendees Signatures
N/A

CONDUCTOR SIGNATURE

A handwritten signature in black ink, consisting of several fluid, overlapping strokes that form a stylized, illegible mark.

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