



SAFETY TAILGATE MEETING

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Company	Pacific Hydrotech Corporation	Project	C2019 Rattlesnake		
Date	October 28, 2024	Time	6:29 AM	Conductor	Hugo Solis

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

daniel alva

Adan Moreno

Antonio Velasquez

Juan Velasquez

andrew Ingelmo

Marcello Lara jr

Attendees Signatures

N/A

N/A

N/A

N/A

N/A

N/A

rosario rodriguez	N/A
Andrew Augustine	N/A
Victor Calvillo	N/A
Porfirio Lopez	N/A
ismael florentino	N/A
Todd Fithian	N/A
alejandro rodriguez	N/A
Ramon Lopez	N/A
cesar Gutierrez	N/A
Brandon Brown	N/A
David Palomarez	N/A
Roberto Rodriguez	N/A
Jeremia Nickolls	N/A
Michael Hall	N/A
Michael Alanis	N/A
Fernando Suarez	N/A
Manuel Contreras	N/A
Kenneth Nazario	N/A
Eric Meda	N/A
Fidel Campos	N/A
Raul Velasco	N/A
Margarito Lara	N/A

Alejandro Gonzalez



Angel Cervantes	N/A
Michael LeBaugh	N/A
Leigh O'keefe	N/A
Diego Velasco	N/A
Antonio Gutierrez	N/A
Arturo Godoy	N/A
Sergio A Zamora	N/A
Orlando Diaz	N/A
Joey Velasco	N/A

Jaime Velasco	N/A
Adalberto Palomares	N/A
Juan Mendoza	N/A
Armando Palomares	N/A
Luis Gustavo Velasco	N/A
Oscar Sanchez	N/A
Phillip Espinosa	N/A
Jose Galindo	N/A
Luis Castrejon	N/A
Danny Alava	N/A
Gabriel Rodriguez	N/A
Ricardo Vasquez	N/A
Francisco Vargas	N/A
Juan Mendez	N/A
Hector Velasco	N/A
Jose A. (Angel) Lopez	N/A
Ricardo Quinteros	N/A
Marco Amaro	N/A
Brian Vega Chacon	N/A
Alejandro (Alex) Gomez	N/A
Maclovio Figueroa	N/A
Emilio Arrieta	N/A
Marcelo Lara	N/A
Juan Carlos Zelaya	N/A
Antonio Navarro	N/A
Rigoberto Cuevas	N/A
Ruperto Garcia	N/A

Anthony Sanchez



Hugo Solis



CONDUCTOR SIGNATURE

