



# SAFETY TAILGATE MEETING

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Company	Pacific Hydrotech Corporation	Project	C2307 Well 66		
Date	August 05, 2024	Time	6:03 AM	Conductor	Joel Gonzalez

## 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 spilt 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?

## GROUP IMAGE



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**Attendees Names**

Mike Solis

Ezequiel Hernandez

Diego Lopez

iram lopez

Gerardo I Gonzales

Jose Pulido

**Attendees Signatures**

N/A

N/A

N/A

A handwritten signature in black ink, appearing to be 'Iram Lopez', written on a white background.

N/A

N/A

Michael Hall	N/A
Guadalupe Rivera	N/A
Gustavo Velasco	N/A
Luis Tinoco	N/A
Martin Guerrero Flores	N/A
Luis Velasco	N/A
Ron Fay	N/A
Margarito Lara	N/A
Alejandro Gonzalez	N/A
Jesus Velasco	N/A
Octavio Tapia	N/A
Francisco Solis	N/A
Hugo Martinez	N/A
Antonio Gutierrez	N/A
Sergio A Zamora	N/A
Orlando Diaz	N/A
Luis Pimienta	N/A
Omar Lozano	N/A
Manuel Rangel	N/A
Juan Mendoza	N/A
Oscar Sanchez	N/A
Jose Galindo	N/A
Uriel Tapia	N/A
Gerardo Gonzales	N/A

Rafael Mota



Manuel Olivas	N/A
Ricardo Quinteros	N/A
Miguel Ojeda	N/A
Evilio Mondragon	N/A
Maclovio Figueroa	N/A
Emilio Arrieta	N/A
Antonio Pulido	N/A

Cande Garibaldo

N/A

Rigoberto Cuevas

N/A

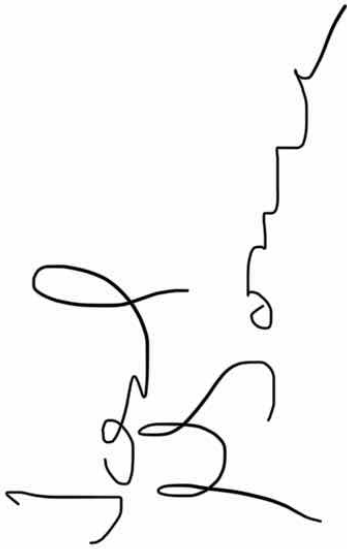
Jose Gonzalez

N/A

Ruperto Garcia

N/A

## CONDUCTOR SIGNATURE

A handwritten signature in black ink, appearing to be 'Ruperto Garcia', written in a cursive style. The signature is located on the left side of the page, below the 'CONDUCTOR SIGNATURE' header.