Alcohol Consumption Safety Topic

This section addresses the physiological effects of alcohol consumption.

General

Many establishments sell beer, wine, liqueurs and other forms of alcohol either for both on and/or off site consumption. Formed by the fermentations of yeast, sugars and starches, alcohol (ethyl alcohol) is controlled substance, that consumption must be monitored. Note that laws and regulations regarding the consumption of alcohol vary from state to state, employers and management should be aware and informed on all region specific laws as well as have proper certifications to sell and/or distribute alcoholic beverages.

Affects

The affects of alcohol and their severity differ from person to person; factors such as age, weight, race and rate of consumption heavily influence individual reactions. Regardless of reaction factors, alcohol has an effect on every organ in the body for everyone. According to the CDC, a standard alcoholic beverage contains .6 ounces of pure alcohol (i.e. 1 glass of wine, 1 beer, or 1 shot). Many consider the “1 drink an hour” to serve as a guideline for serving alcohol to consumers.

Visible affects of those that are intoxicated and should be monitored:

- Slurred speech
- Sudden change in demeanor
- Increased aggression
- Noticeable change in speaking volume

Legal Limit

The term legal limit refers to the BAC (Blood Alcohol Level) in which an individual as seen as legally drunk, and therefore subject to state penalties. Currently, all states recognize .08% as the legal limit in which a driver of eligible drinking age may operate a motor vehicle (of any kind).

For further information please contact the CDC at

888-246-2675 or visit CDC.gov

Company Name:_____ Date: _____

Safety Recommendations: _ _____ _____

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