

Alcohol Use Meeting Kit

WHAT'S AT STAKE

Alcohol use and abuse in the workplace can vary greatly by industry and setting. Drinking at work can cause a multitude of other problems for employees, employers and their customers.

The availability of alcohol in the workplace environment can make a big difference in how much is consumed, as well as employee supervision and accountability.

WHAT'S THE DANGER

NEGATIVE EFFECTS OF ALCOHOLISM IN THE WORKPLACE

Your drinking habits can affect companies, regardless of how large or small the organization may be. Drinking not only increases the possibility of employees getting injured, it can also lead to more on-the-job accidents. Additionally, alcohol can cause a lack of concentration and coordination in an your work performance. This reduces productivity, which in turn impacts business goals and objectives.

PERFORMANCE PROBLEMS

- Missed deadlines
- Careless or sloppy work or incomplete assignments
- Production quotas not met
- Many excuses for incomplete assignments or missed deadlines
- Faulty analysis

BEHAVIOR AT WORK

The appearance of being inebriated or under the influence of alcohol might include:

- The smell of alcohol
- Staggering, or an unsteady gait

- Bloodshot eyes
- Smell of alcohol on the breath
- Mood and behavior changes such as excessive laughter and inappropriate loud talk
- Excessive use of mouthwash or breath mints
- Avoidance of supervisory contact, especially after lunch
- Tremors
- Sleeping on duty

HOW TO PROTECT YOURSELF

WORKPLACE HELP

A company EAP is one of the most efficient ways to combat alcohol, as well as other substance-abuse problems, in the workplace. The program helps both employees and their families' access the resources needed for a successful recovery.

FINAL WORD

If you are going to drink, 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.