



HEALTH BITES

Healthy Workers
Healthy Futures
Initiative



Healthy Group Training Organisations, Healthy Host Businesses, Healthy Apprentices

Alcohol is the most widely used drug in Australia

What do the guidelines recommend



For healthy men and women, drinking **no more than 2 standard drinks on any day** reduces your risk of harm from alcohol-related disease or injury over a lifetime.

Drinking **no more than 4 standard drinks on a single occasion** reduces the risk of alcohol-related injury arising from that occasion.

So which is worse - binge drinking or regular heavy intake?

Professor Steve Allsop, Director of the National Drug Research Institute says both are harmful, it is just different types of harm.

"It's like telling somebody that's just been run over by drunk driver (that) it's not as bad as liver cirrhosis."

There is no level of drinking alcohol that can be guaranteed to be completely 'safe' or 'have no risk'. It's true how much you drink is your choice, but the National Guidelines can help you keep healthier by knowing how much is too much!

Where to go to get help or more information

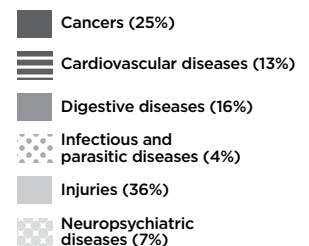
Alcohol and Drug Information Service SA is a confidential phone counselling, information and referral service for the general public. 1300 131 340

Counselling Online provides a live, one-to-one counselling service over the internet to anyone with an alcohol or drug concern.

www.counsellingonline.org.au or 1800 888 236



3,467 MALES PER YEAR



Gao, C., Ogeil, R.P., & Lloyd, B. (2014). Alcohol's burden of disease in Australia. Canberra: FARE and VicHealth in collaboration with Turning Point. Data used in this report is from 2010.



The information in this newsletter should not be used as an alternative to professional care. If you have a particular problem, see a doctor or other health professional.

¹Centre for Alcohol Policy - www.druginfo.adf.org.au/attachments/341_PRQ09June09_final.pdf

Serving size vs standard drink size

There are a few interactive websites to show a standard drink check out [alcohol think again](#) and [Australian Drug Foundation](#)

These are only an approximate number of standard drinks. Always read the container for the exact number of standard drinks

Number of standard drinks

STANDARD DRINKS

425ML 1.6SD



FULL STRENGTH

4.8% ALC VOL

425ML 1.2SD



MID STRENGTH

3.5% ALC VOL

425ML 0.9SD



LOW STRENGTH

2.7% ALC VOL

375ML 1.5SD



FULL STRENGTH
PRE-MIX SPIRITS

5% ALC VOL

150ML 1.5SD



RESTAURANT
SERVING OF
RED WINE

13% ALC VOL

150ML 1.4SD



RESTAURANT
SERVING OF
WHITE WINE

11.5% ALC VOL

150ML 1.4SD



RESTAURANT
SERVING OF
CHAMPAGNE

12% ALC VOL

30ML 1SD



HIGH STRENGTH
SPIRIT NIP

40% ALC VOL

Alcohol is costing your business - We can help!



Absent from work - sickies
1.2 billion / year



At work but not performing 100%
4.6 billion / year

If you would like help in your workplace to encourage employees to embrace healthy behaviours around alcohol consumption then contact our industry Healthy Workers Adviser. This is a free service offered to host employers of a group training apprentice/trainee. Contact Us **8346 2227** Here is how we can help!

Link you to services

Provide demonstrations

Advice on policy

Train supervisors

Educate staff

What you can do to stay safe

Some of the simple things you can do include:

- » **Set limits for yourself and stick to them** - Don't let other people pressure you into drinking more than you want.
- » **Alternate between alcoholic and non-alcoholic drinks.**
- » **Quench your thirst first with water or soft drink.**
- » **Drink slowly** - Take sips, not gulps.
- » **Drink from a small glass.** Some wine glasses can hold several standard drinks.
- » **Drink light alcoholic drinks instead of full strength.**
- » **Eat healthy food before and while drinking.**
- » **Avoid getting into 'rounds' or 'shouts'.**
- » **Avoid 'top ups'** - Drink one drink at a time to keep track of how much you are drinking.
- » **Stay busy** - Don't just sit and drink.
- » **Buy disposable breathalyser**

Blood alcohol concentration (B.A.C) - A few facts

- » Your B.A.C. begins to rise the moment you start drinking and will usually take an hour after your last drink to reach its highest level
- » Factors that affect your B.A.C, body size, fat to muscle ratio, gender, height, age, stomach content
- » It's the law for B.A.C to be:
 - » 0.00 for Learners (L's) and Probationary (P's) licence holders
 - » 0.05 or lower for Full licence holders
- » B.A.C. and drunkenness do not necessarily go hand in hand.
- » On average 0.01 B.A.C is removed from the body every hour.
- » Use the **YourBAC App** to estimate your B.A.C



This program is funded by SA Health in partnership with Group Training Australia SA
For further information on the Healthy Workers program contact **(08) 8346 2227**
or go online at gtasa.com.au/healthy-workers-healthy-futures

