

Be the guy who...

...is responsible for himself and knows the safe health limits

Research suggests that in order to reduce your *lifetime-risk* of harm from alcohol-related disease or injury, you should aim for **no more than 2 standard drinks on any day** over the long run.

To reduce your risk of injury on any *single occasion* of drinking you should aim for **no more than 4 standard drinks any time you drink**.

...understands the legal blood alcohol limit and plans to stay under 0.05 to have the best time

As a guide, it takes 1 hour for your blood alcohol level to go back to 0.00 after 1 standard drink.

Number of standard drinks	
Full-strength beer (4.9% alc) - 285 ml schooner - 425 ml pint - 375 ml stubbie or can	1.1 1.4 1.6
Other beer - schooner low-strength (2.7% alc) - schooner mid-strength (3.5% alc)	0.5 0.7
Wine (13% alc) - 150 ml glass (average serve)	1.5
Spirits - 30 ml nip (40% alc) - Pre-mix 375ml can (5% alc)	1 1.5

Note: The amount of standard drinks varies for each product. Consult the label provided.

...is good to go to work

- Who shows up for work and puts a good day's worth in
- Who is safe at work for himself and others

...has got a plan and encourages others

- Set a limit and count your drinks. Stay firm, don't let others influence your decision.
- Eat before and while you are drinking to slow down alcohol absorption.
- Substitute full strength with low-alcohol alternatives (e.g. light/mid-strength beer).
- Avoid drinking in rounds and topping up drinks - you risk losing track of how much you have had to drink.
- Pace yourself. Have non-alcoholic drinks as spacers and take sips not gulps.
- Keep active - play pool - you will tend to drink less.
- Drink lots of water between drinks to avoid dehydration and hangover.
- Don't mix alcohol with any illicit, prescription or over-the-counter drugs as results can be unpredictable.



SPARKLING WINE 100 mL 13% alc/vol	WINE 100 mL 13% alc/vol	LIGHT BEER 425 mL 2.7% alc/vol	REGULAR BEER 285 mL 4.9% alc/vol	FORTIFIED WINE 60 mL 20% alc/vol	SPIRITS 30 mL 40% alc/vol
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Source: Drug and Alcohol Services South Australia, Government of South Australia © 2011

...is there for his mates

- If friends choose not to drink, support their decision
- If someone is showing worrying side effects, call an ambulance immediately. Dial 000

...sets an example to others

Never underestimate the value of being a role model. You can influence others to be responsible alcohol users and reduce risky behaviours, particularly those younger than you.

...knows the harsh facts of alcohol

Consequences of drinking too much on a single occasion

- Injury to yourself (e.g. falls, road accidents, assaults, drowning, industrial accidents, alcohol poisoning or overdose)
- Injury to others
- Criminal offences (e.g. assault, sexual assault, property damage, child abuse, drink driving)

Consequences of drinking too much over a lifetime

- Heart and liver disease, stroke and diabetes
- Cancer
- Gut disorders such as stomach ulcers
- Concentration, memory and sleep difficulties
- Mood and personality changes
- Mental health conditions and suicidal behaviour
- Reduced fertility

**HEALTHY
WORKERS
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Don't throw it away for alcohol

- **Your health** – risky levels of alcohol consumption has been linked to the development of chronic disease and other medical conditions.
- **Your money** – excessive spending on alcohol leads to financial problems. A DUI offence costs 50 times more than a taxi.
- **Your job** – don't lose your job or limit career opportunities due to alcohol impacting on work attendance, work performance or an alcohol related conviction.
- **Your friends and family** – losing friends and relationship breakdowns often comes with alcohol excess.
- **Your sex life** – alcohol can cause impotence.

Getting help

- **Call the Alcohol and Drug Information Service (ADIS)** – 1300 13 1340 between 8.30am and 10pm. ADIS is a telephone information, counselling, and referral service.
- **Useful phone app:** Hello Sunday Morning – find out more at www.hellosundaymorning.org.

For more information

Healthy Workers – Healthy Futures Initiative
Public Health Partnerships Branch
PO Box 287 Rundle Mall
Adelaide SA 5000
Email: healthyworkers@sa.gov.au
Web: www.sahealth.sa.gov.au/healthyworkers

If you require this information in an alternative language or format please contact SA Health on the details provided above and every effort will be made to assist you.



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Alcohol - Take Control



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