



Drinking and Driving

eSafetyLine

How to Drink Responsibly

Sometimes there just isn't a designated driver available and you have to drive yourself home. If you must drive after drinking don't allow yourself to get drunk in the first place. There are many guidelines to help you have a good time at a gathering and still stay sober and get yourself home safely.

- Alcohol is alcohol. The contents of a bottle or can of beer, a glass of wine or shot of hard alcohol all have the same amounts of pure alcohol and will have the same effect on your body and BAC.
- Know your limit. Know how much alcohol you can safely handle and not get drunk. A good general guideline for most individuals is to limit drinking to one alcohol drink (beer, wine or hard liquor) per hour.
- Eat food while you drink. Food will help to slow the absorption of alcohol into your body. Foods high in protein (meat, cheese, peanuts) are especially helpful.
- Sip the drink. The faster you drink the drink, the faster the alcohol will be absorbed by your body.
- Don't participate in chugging contests or drinking games. Again, the faster you drink the faster you'll get drunk and lose the ability to slow yourself down.
- Get a drink only when you really want one. If someone is nagging you to get a drink, ask for a non-alcohol beverage. If this doesn't work, accept the drink and then "lose" it by setting it down and walking away.

- Skip a drink. Alternate a non-alcohol drink with each alcohol drink you have. This will help to slow down your consumption.
- Keep active. Sitting and drinking can be very dangerous to keeping sober. If you stay active; play dart, horseshoes or dance, you tend to drink less and be more aware of the effects of what you have drank are having on you.
- Beware of unfamiliar drinks. Some drinks, like zombies, brain erasers, Long Island Ice Teas, can be deceiving about how much alcohol they contain. If the alcohol is difficult to detect in the drink, it will be difficult to space them out properly.

If these tips fail and you find yourself drunk and without a designated driver, do the smart and responsible thing: call someone to come and get you or just call a cab. It is better to get home safe then risk injury to yourself and others.

Discussion Questions

Why should unfamiliar drinks be avoided when trying to stay sober at a gathering?

How can playing darts help to keep you sober?

MEETING / TRAINING ATTENDANCE ROSTER

COMPANY: _____

_____ SAFETY MEETING

JOB/DEPT: _____

_____ SAFETY TRAINING

DATE: ___/___/___

TIME: _____

TOPICS ADDRESSED: _____

EMPLOYEE'S SIGNATURES

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

EMPLOYEE SUGGESTIONS AND RECOMMENDATIONS: _____

ACTION TAKEN: _____

Supervisor's Signature

_____/_____/_____
Date

Safety Coordinator's Signature

_____/_____/_____
Date