

The purpose of this toolbox talk is to provide some basic information and to increase the level of awareness to focus on this as a potential safety issue on the job. This will primarily address issues of “the morning after” affect.

EFFECTS OF ALCOHOL:

The above information briefly summarizes some of the some of the effects of a person that is hung over. Direct effects of alcohol vary with the individuals. In general, a person will excrete approximately one alcohol drink per hour. Consider the following:

An employee is out until 1:00 a.m. and has consumed 12 or more beers. They show up to work at 7:00 a.m. This employee is likely to have at least six alcohol drinks in his system at the time of starting the work. At this rate, the employee will start work intoxicated, eventually drift into a hangover and will probably be working in a very dangerous state during most of the workday.

ISSUES OF A HANGOVER

All employees should be aware of the condition their crew reports to work in. Specifically, employees that start work and are hung over from use of alcohol or drugs from the night before should be watched very closely. The following are some points to consider:

- A person with a hangover may have lower levels of alcohol in their system and may be “legally sober”.
- Any levels of alcohol in the system can affect the central nervous system, which will affect JUDGMENT and MOTOR SKILLS. (Judgment and Motor Skills are critical components of working safely on a construction site.

HANGOVER EFFECTS

Employees that are hung over are impaired from low sugar levels, dehydration and may still be legally intoxicated.

➤ Symptoms / Effects:

- Impaired judgment
- Decreased motor skills
- Potential for dizzy spells, etc.

Employees no longer under the influence of alcohol but still feeling hung over still have an effect:

➤ Symptoms / Effects:

- Impaired judgment
- Decreased motor skills
- Dizziness
- Increased potential to lose consciousness

Bottom Line:

Employees that come to work with a hangover may become injured or injure others and should be asked to stop work and possibly sent home. Keep a close eye on your crew. Production is important, but employees that are under the effect of alcohol or hangovers are a serious safety issue that may wind up a tragedy.

This document provides general information about a safety and health topic and is only intended for use in facilitating discussions with employees in safety meetings. It does not address all hazards, OSHA or local requirements related to the topic or accompanying photograph. This document cannot be relied on to determine whether a site specific situation meets all safety and health requirements. Assurance Safety Consulting is not responsible for any health and safety violation or injury at a job site.