

## A BOOZE QUIZ

### **Introduction**

We do not want to be labelled killjoys, however, it is generally acknowledged that individuals who do not consume alcohol during the year, tend to weaken their resolve at Christmas or during the Christmas season. This time of year is a good time to reflect on the consumption of alcohol, particularly within the workplace and this is most important in recent years as we have tended to focus on other addictive and illegal substances such as cannabis. Alcohol abuse remains a significant issue and a significant health and safety hazard.

The current research figures do not make encouraging or good seasonal reading.

Many accidents within the workplace remain alcohol related, usually due to the fact that employees have consumed a significant amount of alcohol the evening before attending work. We are informed that total annual alcohol related costs for a company equate to approximately 13% of a company's total salary expenditure, 25% of staff in any organisation are considered to drink to excess, costing their employers millions of pounds in lost performance and productivity. A significant number of days are lost by every employer each year due to alcohol related absence, again posing a significant cost to any organisation.

**How do we assess alcohol issues in the workplace?** The answer is the same as for any significant hazard or risk, undertake a risk assessment!

We acknowledge that although it is relatively easy to identify alcohol as a hazard within the workplace, it is more difficult to identify the potential risk that this causes as the majority of alcohol consumption occurs outside of the workplace and normal working hours.

It is important to stress to employees that they do have a duty of care under health and safety legislation and that they must take personal responsibility for their alcohol consumption. Health education can be used as a form of prevention. As part of the education process it is important for employees to be aware of a company's alcohol policy. Identifying a small team within your organisation to take responsibility for developing a policy and communicating this to their colleagues is a useful initiative.

Every employer wishes to drive down absence and improve safety. Both of these are measurable. Productivity and performance although less easy to measure, are also key performance indicators. Including alcohol consumption within the company's annual objectives, particularly focussing on safety, attendance, productivity and performance, can lead to changes of culture within organisations and within an employee's attitude to alcohol. Providing the company's health education team with a small budget to secure literature and other educational tools confirms to a company's employees that alcohol issues are seen as important and essential by senior management within an organisation.

We have enclosed a little quiz, we hope you find it fun but also educational, to test your knowledge with regards to alcohol consumption and the hazards that it may pose to the workplace and your employees.

If we can be of any further assistance in discussing ways in which your organisation can address alcohol issues within the workplace, either in general terms or with regards to specific cases, please do not hesitate to contact Penny Lovelock at Preventative Healthcare, Penny's contact details are [p.lovelock@phcohealth.co.uk](mailto:p.lovelock@phcohealth.co.uk) or telephone 01622 775289.



## Preventative HealthCare Christmas Opening Hours

*PHC's offices will close for the festive season at 12 noon on Monday 24<sup>th</sup> December*

*And reopen at 0830 on Wednesday 2<sup>nd</sup> January 2008.*

*On behalf of the Directors, Medical, Nursing and Administration Teams*

*we extend our very best wishes to all*

*and wish you a happy, healthy and prosperous 2008!*

## **BOOZE QUIZ**

- 1) How long does it take your body to process one unit of alcohol?**
  - a) 1 hour
  - b) 1.5 hours
  - c) 2 hours
  
- 2) Which of these drinks contain one unit of alcohol?**
  - a) half a pint of lager
  - b) a 250ml glass of wine
  - c) a single shot of whisky
  - d) a pint of lager
  
- 3) What percentage of attacks are alcohol related?**
  - a) 10%
  - b) 20%
  - c) 30%
  - d) 50%
  
- 4) What percentage of hospital admissions at the weekend are alcohol related?**
  - a) 15%
  - b) 25%
  - c) 50%
  - d) 70%
  
- 5) How much do alcohol issues cost employers every year?**
  - a) £506m
  - b) £1.3bn
  - c) £6.4bn
  - d) £12.8bn
  
- 6) What is the proportion of employees who drink to excess and pose a hazard?**
  - a) 1 in 4
  - b) 1 in 8
  - c) 1 in 16
  - d) 1 in 32
  
- 7) By how much are alcohol related deaths rising in Britain over the last 5 years?**
  - a) 5%
  - b) 10%
  - c) 20%
  - d) 40%

**8) What percentage of productivity is lost by hangovers?**

- a) 9%
- b) 18%
- c) 27%
- d) 36%

**9) What percentage of serious road accidents are caused by alcohol?**

- a) 75%
- b) 50%
- c) 25%
- d) 12%

**10) How many units of alcohol can you consume before you are over the legal limit?**

- a) 2 units
- b) 3 units
- c) 4 units
- d) Impossible to tell

**11) Do men and women read the same on breathalyser tests for the same amount of alcohol consumed?**

- a) Yes
- b) No

**12) How much absence is normally attributed to alcohol related issues?**

- a) 2% to 3%
- b) 6% to 15%
- c) 15% to 30%
- d) 30% to 45%

**13) How many accidents are related to alcohol related issues?**

- a) 5% to 10%
- b) 10% to 15%
- c) 15% to 20%
- d) 20% to 25%

**14) How many working days are lost each year due to alcohol related problems?**

- a) 5 million
- b) 10 million
- c) 20 million
- d) 30 million

**15) If you started drinking at 8pm and drank 12 units, when would you be alcohol free?**

- a) 5 am
- b) 7 am
- c) 9 am
- d) 11am

## A BOOZE QUIZ - the answers!

- 1 a) The body metabolises about one unit per hour for most people
- 2 c) There is one unit of alcohol in a single measure of spirits (25 ml of 40% ABV)
- 3 d) 50% of reported assaults are alcohol – related
- 4 d) About 70% of weekend A&E admissions are drink related
- 5 c) Alcohol costs the workplace up to £6.4 bn annually
- 6 a) One in four people drink hazardously
- 7 c) Alcohol-related deaths have risen 20% in the past five years
- 8 c) Hangovers account for 27% of lost productivity
- 9 b) About half of all serious road crashes are alcohol-related
- 10 d) There is no simple, usable calculation for determining your blood/breath alcohol content
- 11 b) Due to slower metabolism, women are likely to show higher blood/breath alcohol content on a police breathalyser test
- 12 b) 6% to 15% of absence from work can be attributed to alcohol
- 13 d) 20% to 25% of all accidents are alcohol-related
- 14 c) 20 million working days are lost each year due to alcohol
- 15 c) It would take most people about 12 hours to metabolise 12 units of alcohol

*MERRY CHRISTMAS!*