TAKE 5 FOR SAFETY

5-MINUTE SAFETY DRILL

Wellness: Sometimes A Drink Creates Problems

Date:_____

Student:_____

Dept:_____

Station:_____

Training Code:_____

NOTES:

CHALLENGE

Drinking alcohol has become an accepted part of our culture and many of us will have the occasional drink at a social function. Some have a drink for relaxation.

Too many work related injuries and vehicle accidents can be attributed to the use of alcohol. The cost of injuries, deaths and property damage is in the millions each year. Alcohol use can progress into abuse and even addiction so subtly that sometimes people do not realize that it has become a problem for them and those around them.

Let's keep alcohol use under control. Never drink , drive or use machinery while under the influence of alcohol. It's for your safety and those around you!

DISCUSSION

- How often do you have a drink?
- Why do you drink to relieve pressure or depression?
- Do you feel there is peer pressure to drink?
- Are you concerned about the drinking habits of a coworker or family member?
- What impact does this have on you?
- Does the department have an Employee Assistance Program?
- Do you feel there is adequate support available for someone with a drinking problem?
- How would you handle a situation of a coworker under the influence?

The greatest asset of the fire service is our people; protect them!

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