

Job site: \_\_\_\_\_  
 Foreman: \_\_\_\_\_

Date: \_\_\_\_\_  
 G.C. \_\_\_\_\_

<b>SMOHIT Safety Sense</b> <b>Toolbox Talks for the Sheet Metal Industry</b>	<h3>Alcohol Abuse</h3> <ul style="list-style-type: none"> <li>Alcohol is a health concern to the person who drinks too much and it creates safety problems on the job site when workers with drinking problems cause safety hazards.</li> <li>Alcoholism is also known as alcohol dependence, and includes four symptoms:           <ul style="list-style-type: none"> <li>Craving: a strong need or compulsion to drink.</li> <li>Loss of control: inability to limit drinking on any given occasion.</li> <li>Physical dependence: withdrawal symptoms such as nausea, sweating, shaking, and anxiety when alcohol is stopped after a period of heavy drinking.</li> <li>Tolerance: the need to drink greater amounts to “get high.”</li> </ul> </li> <li>Alcoholism has little to do with willpower. Alcoholics are in the grip of a powerful and uncontrollable need for alcohol that overrides their ability to stop drinking. This need can be as strong as the need for food or water. Some people are able to recover from alcoholism without help, but the majority of alcoholics need assistance.</li> <li>Heavy drinking over a long period of time increases the risk for heart disease, high blood pressure, and some kinds of stroke. Long-term heavy drinking increases the risk of certain forms of cancers, including cancer of the esophagus, mouth, throat, and larynx (voice box). As little as one drink per day can slightly raise the risk of breast cancer in women. Drinking may also increase the risk for developing cancer of the colon and rectum.</li> <li>The type of treatment depends on the severity of alcoholism and the resources that are available. Detoxification, or the process of safely getting alcohol out of your system, is one type of treatment. Prescribed medications help to prevent relapses once drinking has stopped. There are types of counseling that teach alcoholics to identify situations and feelings that trigger the urge to drink and to find new ways to cope that do not include alcohol. Virtually all treatment programs also include Alcoholics Anonymous meetings.</li> </ul>	<h3>Instructor Tips</h3> <ul style="list-style-type: none"> <li><b>Ask employees if they know of any situations where alcohol has caused a problem on the job (without using names).</b></li> </ul>
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Reference: National Institutes of Health—National Institute of Alcohol Abuse and Alcoholism