

# A



Substance use and abuse  
**occur in virtually all  
branches of industry**  
and among all types of people.



Studies have shown that  
**men,**  
**young workers,**  
**and workers in  
certain sectors/  
occupations**  
are more likely to be  
associated with  
workplace substance  
abuse  
&  
globally,  
**3% of the**  
average workforce  
is alcohol-dependent.

## Global Impact on the Workplace **Fact Sheet** Alcohol and Drug Abuse

Rates of alcohol and drug use  
are higher among workers who:



**work in high stress jobs;**

e.g., managers, sales staff, physicians, lawyers,  
bartenders, entertainers;



**work in unsupervised situations;**

e.g., long distance drivers, travelling salespersons;



**work under extreme conditions;**

e.g., army personnel, mining industry workers;



**work round the clock across different time zones in  
call centers and information technology services.**

## What's a Standard Drink?

1 standard drink



**1 can**  
of ordinary beer  
(e.g. 330 ml at 5%)



**A glass of wine or a  
small glass of sherry**  
(e.g. 140 ml at 12% or  
90 ml at 18%)



**A single shot  
of spirits**  
(whiskey, gin, vodka, etc.)  
(e.g. 40 ml at 40%)

# Physical Effects of High Risk Drinking

## Aggressive irrational behaviour.

Arguments. Violence. Depression. Nervousness

## Alcohol Dependence.

Memory loss.

## Cancer of the throat and mouth.

## Premature Aging.

Drinker's nose.

## Reduced resistance to infection.

Frequent colds. Increased risk of pneumonia.

## Weakness of heart muscle.

Heart failure, Anemia, Impaired blood clotting, Breast Cancer (for women).

## Liver damage.

Trembling hands. Tingling fingers. Numbness.

## Vitamin deficiency,

Bleeding, Severe Inflammation of the stomach, Vomiting, diarrhea, malnutrition.

## Painful nerves.

## Ulcer

## Inflammation of the pancreas.

## Impaired sensation

leading to falls.

Numb, tingling toes. Painful nerves.

## Sources:

(ILO, 2003)

SOLVE: Integrating Health Promotion into Workplace OSH Policies

Babor; Higgins-Biddle, 2001.



## In Men:

Impaired sexual performance

## In Women:

Risk of giving birth to deformed, retarded babies or low birth weight babies.

**CHANGE** is a comprehensive workplace health and wellness campaign under the **iFLY** Keep Fit.Live Young. Healthy Lifestyle in the Workplace Program that aims to enable young professionals to make healthy choices to improve their well-being and overall performance.

