

## **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%)

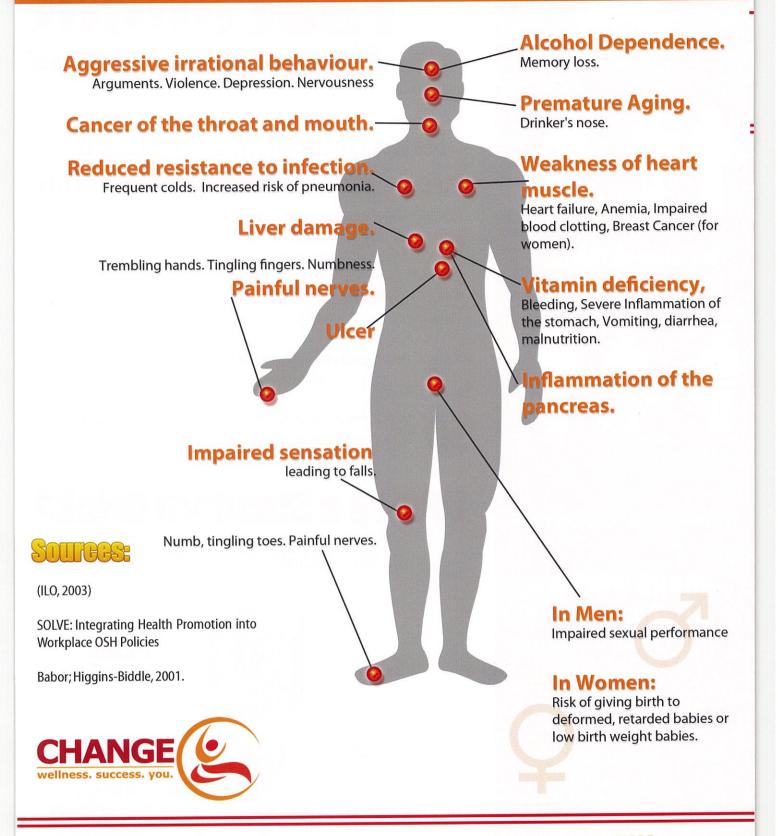




A single shot of spirits

(whiskey, gin, vodka, etc.) (e.g. 40 ml at 40%)

# **Physical Effects of High Risk Drinking**



CHANGE is a comprehensive workplace health and wellness campaign under the 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.















