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%)

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.
Physical Effects of High Risk Drinking

- Aggressive irrational behavior. Arguments, Violence, Depression, Nervousness
- Cancer of the throat and mouth.
- Reduced resistance to infection. Frequent colds, Increased risk of pneumonia.
- Liver damage. Trembling hands, Tingling fingers, Numbness.
- Painful nerves.
- Ulcer
- Impaired sensation leading to falls.
- Alcohol Dependence. Memory loss.
- Premature Aging. Drinker's nose.
- Weakness of heart muscle. Heart failure, Anemia, Impaired blood clotting, Breast Cancer (for women).
- Vitamin deficiency, Bleeding, Severe Inflammation of the stomach, Vomiting, diarrhea, malnutrition.
- Inflammation of the pancreas.
- Numb, tingling toes, Painful nerves.

Sources:
(ILO, 2003)
SOLVE: Integrating Health Promotion into Workplace OSH Policies

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 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.

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