



# The Effects of Alcohol

All employees have obligations under the U.S. Occupational Safety and Health Administration (OSHA) to take reasonable care of their own safety and health and not endanger the safety and health of others at the workplace. Alcohol consumption and your drinking patterns in and out of work hours becomes a workplace safety and health issue when your ability to exercise judgment, coordination, motor control and alertness is affected. Heavy drinking can lead to:

- Reduced 'fitness for work' and an increased risk of injury to both yourself and your co-workers and lower quality and quantity of work;
- Poor workplace relationships with co-workers particularly in situations where co-workers may be covering for you in times of absence or reduced productivity; and
- Workplace absenteeism and possible losses of skills, self-esteem and wages.

## **NIAAA defines heavy drinking as follows:**

- For men, consuming more than 4 drinks on any day or more than 14 drinks per week
- For women, consuming more than 3 drinks on any day or more than 7 drinks per week

## **Important Facts**

- In 2019, of the 85,688 liver disease deaths among individuals ages 12 and older, more than 43 percent involved alcohol
- Alcohol-related liver disease is the primary cause of almost 1 in 3 liver transplants in the United States
- Research has shown that people who abuse alcohol have a greater risk of liver disease, heart disease, depression, stroke, and stomach bleeding, as well as cancers of the oral cavity, esophagus, larynx, pharynx, liver, colon, and rectum. These individuals may also have problems managing conditions such as diabetes, high blood pressure, pain, and sleep disorders.
- Alcohol contributes to about 18.5 percent of Erectile Dysfunction
- An estimated 95,000 people (approximately 68,000 men and 27,000 women) die from alcohol-related causes annually, making alcohol the third-leading preventable cause of death in the United States. The first is tobacco, and the second is poor diet and physical inactivity.

If you or a loved one are struggling with alcohol dependency, reach out to NYCDCC's MEND program for help at **212-366-7590 (MEND@nycbf.org)**. You can also visit **[www.niaaa.nih.gov](http://www.niaaa.nih.gov)** for more information about alcohol abuse in the U.S.