



KEEP THE CHEER IN YOUR COMPANY THIS HOLIDAY SEASON

December is a festive time to celebrate with family, friends, employees, and co-workers. Unfortunately, this is also the time of year for some to consume alcohol and get behind the wheel. Nothing can ruin the memory of a good party like a 'morning after' telephone call about someone at your party being involved in a drinking and driving crash. Sadly, almost 4 Canadians are killed each day due to crashes involving alcohol or drugs. Whether you host a home or workplace party, planning can reduce the risk of drinking and driving.



What is a "standard drink"?

A "standard drink" has the same amount of alcohol regardless of the type of drink consumed. As a rule, a 341mL (12 oz.) beer equals 142 mL (5 oz.) of wine, or 43mL (1.5 oz.) liquor. It takes a healthy person weighing about 150 pounds over one hour to eliminate the alcohol of one standard drink. Therefore, it is recommended that people drink no more than 2 standard drinks in one sitting, spreading them at least one hour apart.

More harm than we know

In 2002, Mothers Against Drunk Driving Canada (MADD) published "The Real Facts on Alcohol Use, Injuries and Deaths":

- Over 77% of drivers killed in a snowmobile crash had a blood alcohol concentration above the legal limit of 0.08%.
- 41% of health care costs and 43% of criminal justice costs were related to alcohol.
- 18% of Canadians over the age of 12 were heavy drinkers, consuming 5 or more drinks on one occasion, at least once a month.

Planning

One important part of planning is understanding and practicing Low Risk Drinking Guidelines (L.R.D.G.'s) at your holiday events. L.R.D.G.'s recommend daily and weekly consumption patterns of standard drinks that can reduce the risk for short and long term alcohol-related hazardous consequences. Serious short-term effects such as car crashes, falls, and violent incidents leading to severe injuries and/or death are related to "binge drinking", having 5 or more alcoholic beverages in one sitting.

The who, what and where of impaired driving 2004 - 2005

- 1.2 million Canadians drove believing they were legally impaired.
- About 4% of licensed drivers account for more than 88% of all reported impaired driving in Canada.
- M.A.D.D.'s annual rating of provinces addresses enforcement and prevention programs in Canada and is designed to assist provinces in strengthening traffic legislation and reduce impaired driving.

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|---------------------------|--------------------------|
| Alberta C | New BrunswickD |
| British Columbia . . . C+ | OntarioC+ |
| Manitoba C | QuebecC- |

Beer + caffeine = risky partnership

A new beer available this year has a higher level of alcohol than regular beer with the added punch of caffeine. Caffeine naturally makes us feel alert whereas alcohol naturally makes us feel drowsy. This beer may provide intoxicated persons with a false sense of security – they may not feel impaired and may be more likely to engage in high-risk activities, like driving.

JOKE

Are you a light sleeper?

No, I sleep in the dark!



Here's to safer partying

This holiday, give your guests a gift by hosting 'safer' festivities. A good host anticipates problems and plans to reduce the potential harm. Here are some tips to help keep everyone safe:

- Provide plenty of non-alcoholic drinks.
- Serve lots of food.
- Never host alone.
- Ask your guests to watch out for each other.
- Know when to call for help.
- Make sure none of your guests drive under the influence of alcohol or drugs.
- Have emergency numbers handy (e.g., taxi, police) and have the courage to use them.

For more safe party tips that may reduce alcohol-related harmful consequences, go to <http://www.windsorfocus.com/Party%20Rules.pdf>. Enjoy your party and help everyone have a good time by being a responsible host.

Mocktails

One way to discourage binge drinking is to offer alcohol-free drinks such as mocktails.

SOLAR FLARE

Mix:

- 2-12 oz (341 mL) cans of Lemonade (frozen)
- 2-12 oz (341 mL) cans of Orange Juice (frozen)
- 2 -12 oz (341 mL) cans of Iced Tea
- 2 cups of Sugar
- Shaved Ice

For more mocktail ideas visit-
<http://www.lcbo.com/socialresponsibility/mocktails.shtml>



Alcohol and workplace events can be a challenging mix

Hosting a party where alcohol is served is tricky business these days. In Canada, hosts have a potential civil responsibility for the safety of intoxicated guests until they sober up or are released to a reliable adult. That responsibility extends to the safety of others as well. You are liable for the actions of intoxicated guests until they are sober because you either served or provided alcohol while they were intoxicated. This accountability extends to bars, banquet halls, workplace parties, private home parties, and any other similar situation involving alcohol. When planning a workplace party, have guidelines or policies in place that help reduce the serious consequences of intoxication. One option to help workplaces develop a practical alcohol policy is available free online at www.apolnet.ca/infopacks/WorkplaceHome.html. Or, consider hiring a consultant to assist in developing alcohol-related policies for your workplace (<http://www.apolnet.ca/databases/sortbymemb.cfm?mem=consultants>).

References:

- Mothers Against Drunk Driving. *Being sued can ruin a good party*. Retrieved September 21, 2005, from <http://www.madd.ca/english/research/sued.htm>
- Traffic Injury Research Foundation. *The road safety monitor 2004*. Retrieved October 31, 2005, from <http://www.trafficinjuryresearch.com>
- Canadian Institute for Health Information. 2005. *More than half of all alcohol-related severe injuries due to motor vehicle collisions*. Retrieved June 24, 2005 from <http://secure.cihi.ca/>