



ALCOHOL BEWARE!
Advice for Seafarers

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requirements are mainly because of environmental concerns but also because of religious beliefs, in a limited number of countries.

The video and booklet are attempting to show you why and how you should look carefully at your drinking habits. They do not suggest that you should abandon alcohol entirely, but just ensure that your drinking does not exceed a sensible level. Controlled drinking may lead to an enjoyable occasion, but too much will have the wrong effect.

relaxed and cheerful, but you will be less alert, and your reactions will be slower — you are twice as likely to injure yourself or have a road accident.

At BAC 80 you feel warm and confident — you are four times as likely to have an accident.

At BAC 120 you cannot concentrate properly, your reaction times are very slow, your physical coordination and dexterity is severely impaired, you may be sexually impotent — you are five times more likely to have a road accident.

At BAC 150 your speech will be slurred, you will appear obviously drunk — you are over ten times more likely to have a road accident.

There are long term medical effects from drinking which can cause:

- damage to the liver — leading to cirrhosis of the liver and premature death
- damage to the brain
- stomach disorders
- sexual difficulties — impotence
- depression and other psychiatric disorders

and alcohol can be associated with duodenal ulcers and epileptic fits. The video explains these effects very clearly.

HOW MUCH DO YOU DRINK?

To find out how much you drink, it will be helpful for you to keep a drink diary. Note down the amount in 'units', remembering that one unit equals half a pint of beer, a glass of wine, or a single measure of spirits. The number of units in your drink are found in a table at the end of this booklet (page 9). Also note down where you drank and with whom, as if you think you need to cut down, this information can help you to go about it.

WHAT IS 'SENSIBLE DRINKING'?

- Men — Up to 21 units spread throughout the week
- Women — Up to 14 units spread throughout the week

There should be no long term health risk, especially if there are 2 alcohol-free days per week.

SOURCES OF HELP

If you wish to seek help in reducing your alcohol intake, you should do one of the following:

Consult your GP or the company doctor

Consult your supervisor

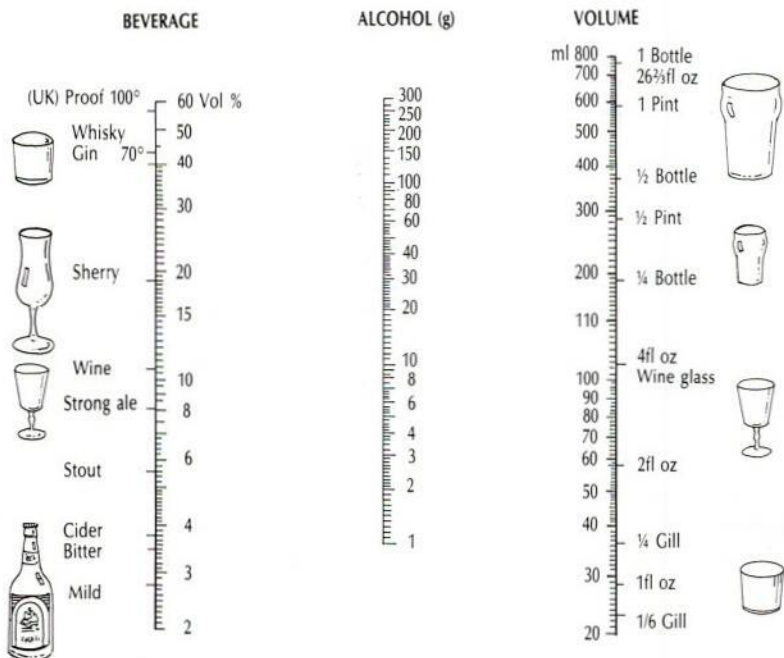
Try working with a partner and help each other to reach a sensible alcohol intake.

Sensible drinking enables you to carry out your duties satisfactorily and does not damage your health. This video and booklet show you why you should avoid excessive drinking, and also how to control your drinking habits, so that you can enjoy social occasions when you are off duty.

THE NUMBER OF UNITS IN A DRINK

DRINK			UNITS
BEER AND LAGERS	Ordinary strength	½ pint (0.25 litre)	1
		1 pint (0.5 litre)	2
		1 can	1½
	Export beer	1 pint (0.5 litre) 1 can	2½ 2
Strong ale or lager	½ pint (0.25 litre)	2	
	1 pint	4	
	1 can	3	
Extra strength	½ pint (0.25 litre) 1 pint (0.5 litre) 1 can	2½ 5 4	
CIDERS	Average cider	½ pint (0.25 litre)	1½
		1 pint (0.5 litre)	3
quart bottle (1 litre)		6	
Strong cider	½ pint (0.25 litre)	2	
	1 pint (0.5 litre)	4	
	quart bottle (1 litre)	8	
SPIRITS	whisky, gin bacardi, vodka etc.	1 standard measure (England and Wales)	1
		1 standard single measure (Northern Ireland)	1½
		1/5 gill measure	1¼
		1 bottle	30
TABLE WINE (including ciderwine and barley wine)		1 standard glass	1
		1 bottle	7
		1 litre bottle	10
SHERRY FORTIFIED WINE		1 standard small measure	1
		1 bottle	12

AMOUNT OF ALCOHOL IN A DRINK



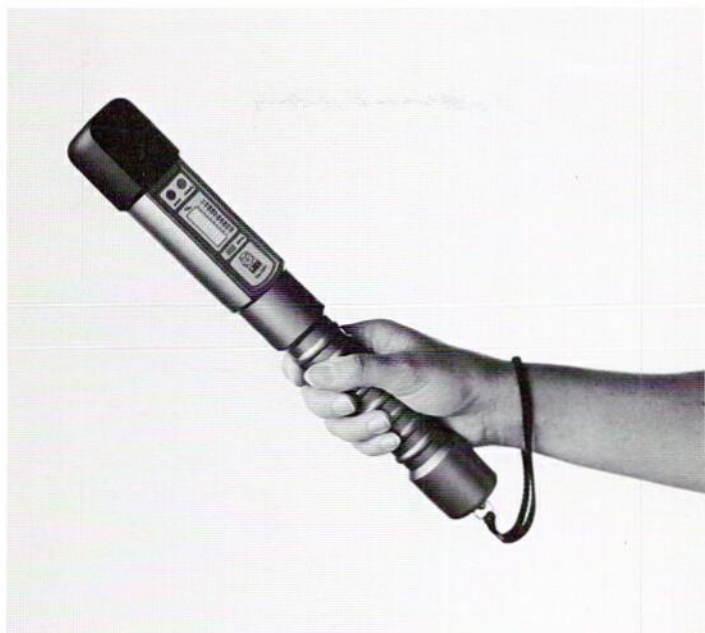
To find the amount of alcohol contained in a particular drink draw a straight line between the beverage and volume scales. Read the amount of alcohol in grams on the middle scale (Mellor C S. *Br Med J* 1970; iii:703)

DRINKING DIARY

DAY	NUMBER OF DRINKS	WHEN/WHERE/WITH WHOM	UNITS	TOTAL UNITS
MON				
TUES				
WED				
THURS				
FRI				
SAT				
SUN				
TOTAL UNITS FOR WEEK				

For unit value of drinks see table 'The number of units in a drink'

- 1 unit = a single measure of spirits
 a small glass of sherry
 ½ pint (0.25 l) of ordinary strength beer/lager
 a glass of wine
 a measure of vermouth/ aperitif



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This booklet reflects the best available medical advice on prevention of alcohol abuse. However the companies concerned cannot be held responsible should any of the recommended techniques and practices prove unsuccessful.