



# HEALTH FOR ALL WORKPLACES

Produced by Renfrew County and District Health Unit

“Health Promotion Strategies for Managers and Occupational Health & Safety Staff “

SUMMER 2016

## Renfrew County and District Health Unit Supports Workplace Health Initiatives

We use a comprehensive health promotion approach to increase the capacity of workplaces to develop and implement healthy policies and programs and to create or enhance supportive environments.

The Health Unit offers consultation and assistance with policy development and health promotion resources and programs on the following topics:

- healthy eating
- healthy weights
- physical activity
- comprehensive tobacco control
- alcohol and other substances
- work stress
- exposure to ultraviolet radiation
- falls across the lifespan
- road and off-road safety
- immunization
- breastfeeding in the workplace
- healthy pregnancy

### Inserts

- Free Materials Order Form
- Canada’s Low-Risk Drinking Guidelines Pamphlet/Poster
- CAMH Saying When App Poster/Wallet Card
- Rethink Your Drinking Poster
- Alcohol and Pregnancy Warning Poster
- Make Quit Memorable Poster and Palm Cards
- First Week Challenge Poster and Tear-off Sheets

## Encourage Employees to “Rethink” Their Drinking

Even though many people drink alcohol at a safe level – others do not. Reducing the amount of alcohol people drink can reduce the risk of alcohol-related problems. Over time, alcohol use can lead to complications with physical, emotional and mental health.

Employers can educate employees on the risks associated with alcohol consumption by hanging posters, offering resources and promoting the **Rethink Your Drinking** campaign to encourage employees to make healthy choices.



**Rethink Your Drinking** is an awareness campaign that encourages moderation or low-risk drinking to support healthy lifestyle choices and reduce short and long-term risks associated with alcohol consumption. The **Rethink Your Drinking** campaign focuses on individuals exploring their relationship with alcohol, like why, when and how much they drink. Cutting down on alcohol consumption will reduce the risk of alcohol-related problems. Employers can encourage employees to “rethink” their drinking by ordering free campaign materials (see inside for details).

For more information visit the **Rethink Your Drinking** website:

<http://www.rethinkyourdrinking.ca/>



This newsletter is available electronically. Subscribe by emailing [rquathamer@rcdhu.com](mailto:rquathamer@rcdhu.com)

## Canada's Low-Risk Alcohol Drinking Guidelines

Alcohol is a significant part of many social get-togethers. Keeping track of how much you drink can be difficult when:

- you do not normally measure your drinks
- you enjoy mixed drinks
- you choose beverages that come in large size containers

All drinks are not equal, when it comes to alcohol content. Check out the "Home Bartending Challenge" created by the LCBO at <http://www.deflatetheelephant.com/>. With this useful tool you can try to pour standard drinks in different sized glasses. It is not as easy as it looks!

If you choose to drink, **Canada's Low-Risk Alcohol Drinking Guidelines** can help you decide when, where, why and how. The guidelines recommend:

### To prevent chronic disease:

Women should not drink more than 2 drinks a day and no more than 10 drinks a week

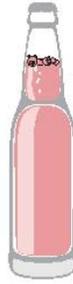
Men should not drink more than 3 drinks a day and no more than 15 drinks a week

Men and women should have non-drinking days to ensure that they are not developing a habit

## How much is one drink?



341 ml (12 oz.)  
glass of 5%  
alcohol content  
(beer, cider or cooler)



142 ml (5 oz.)  
glass of wine  
with 12%  
alcohol content



43 ml (1.5 oz.)  
serving of 40% distilled  
alcohol content  
(rye, gin, rum, etc.)

© Canadian Centre on Substance Abuse 2012

### To reduce the risk of injury and harm:

Women should not drink more than 3 drinks on any single occasion

Men should not drink more than 4 drinks on any single occasion

The guidelines also highlight situations where alcohol should be avoided.

Do not drink when you are:

- Driving a vehicle or using machinery or tools
- Taking medication or other drugs that interact with alcohol
- Doing any kind of dangerous physical activity
- Living with mental or physical health problems or alcohol dependence
- Pregnant or planning to be pregnant
- Responsible for the safety of others or making important decisions

Article adapted from KFL& A (2013) *Alcohol and the Workplace Tool Kit*. pg. 31.

**PLEASE POST OR PHOTOCOPY THIS PAGE FOR EMPLOYEES**



# RETHINK<sup>o</sup>: YOUR DRINKING.ca

**Saying When**, is a free, mobile phone app to help people engage in moderate or low-risk drinking when it comes to alcohol consumption. This app complements the **Rethink Your Drinking** campaign which encourages individuals and communities to examine their relationship with alcohol, like why, when and how much they drink. These cards are available to order, free of charge, from Renfrew County and District Health Unit.



## Encourage Healthy Lifestyle Choices in your Workplace

- Promote the **Rethink Your Drinking** Campaign by posting the enclosed “Everything Matters” poster. Order **Rethink Your Drinking** posters free from Renfrew County and District Health Unit.
- Order free Canada’s Low-Risk Alcohol Drinking Guidelines posters, pamphlets, magnets and sample paycheque inserts from the Renfrew County and District Health Unit. The Health Unit can also assist you in the development of a workplace alcohol policy to address concerns regarding alcohol use in the workplace.
- Borrow Canada’s Low-Risk Alcohol Drinking Guidelines display for your workplace.
- Order free alcohol and pregnancy brochures, posters and educational material.
- Promote CAMH’s **Saying When** mobile phone app and order free app cards.
- Post a video on social media or the employee website about the Low-Risk Alcohol Drinking Guidelines (Middlesex-London Health Unit) <http://www.youtube.com/watch?v=NbpdMFE-AIE>
- Promote the **Make Quit Memorable** campaign by posting the enclosed **Make Quit Memorable** poster and palm cards to let young adults know about evidence-based tools to help them quit smoking.
- Promote the **First Week Challenge** Contest by posting the enclosed **First Week Challenge** poster and tear-off sheets to let adults know about this quit smoking contest.

**This Newsletter is Available Electronically**

Call 1-800-267-1097 ext. 533, 613-735-8651 ext. 533 or email [rquathamer@rcdhu.com](mailto:rquathamer@rcdhu.com) for more information or to be added to the email distribution list.

