

Module 2

Alcohol and its effects



(Note: Click the  button to play the slide.)

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At the end of **Module 2: Alcohol and its effects**, you will be able to:

Explain how to prepare standard drinks

Summarise the effects of alcohol

Describe the signs of intoxication

Explain responsible consumption levels



What is alcohol?



Common name for ethyl alcohol
or ethanol



"liquor"

Drug that acts as a **depressant**, directly affecting the **central nervous system**, retarding the part
of the **brain** that controls **behaviour**



Defined as: "a spirituous or fermented fluid of an intoxicating nature intended for human consumption"



Preservative or medium in which fruit is
offered for sale



Methylated spirits

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Each type of alcohol has a **different strength**

Measured by how much alcohol (or ethanol) is in the beverage



2.7%-4.8%



11.5%-13%



17.5%



40%

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The Standard Drink rule should be used as a yardstick to measure responsible alcohol consumption

1 standard drink



10gm pure alcohol

Let's discuss the different types of drinks and how they equate to a standard drink (10gm of alcohol):

[You should also view the Standard Drinks website](#)

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1 standard drink



Standard glass size

Wine is often served in a
200ml glass



2 standard
drinks

Cocktails usually contain
multiple nips



60ml of vodka
+
30ml of Cointreau
=
3 standard drinks

Most RTDs contain
more than one
standard drink



Most boutique bottled
beers contain **more
than one** standard
drink



Must state the **number** of standard drinks they
contain and the **percentage** of alcohol

This is the law

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2.7% strength

LOW STRENGTH BEER

285ml glass

0.6
standard
drinks

375ml glass

0.8
standard
drinks

425ml glass

0.9
standard
drinks

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3.5% strength

MID STRENGTH BEER

285ml glass

0.8
standard
drinks

375ml glass

1.0
standard
drinks

425ml glass

1.2
standard
drinks

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4.8% strength

FULL STRENGTH BEER

285ml glass

1.1
standard
drinks

375ml glass

1.4
standard
drinks

425ml glass

1.6
standard
drinks



11.5% strength

WHITE WINE

100ml serve

0.9
standard
drinks

150ml
restaurant
serve

1.4
standard
drinks

750ml bottle

6.8
standard
drinks



12% strength

CHAMPAGNE

150ml
restaurant
serve

1.4
standard
drinks

750ml bottle

7.1
standard
drinks

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13% strength

RED WINE

100ml serve

1.0
standard
drinks

150ml
restaurant
serve

1.5
standard
drinks

750ml bottle

7.7
standard
drinks

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17.5% strength

PORT

60ml serve

0.8
standard
drinks

2L cask

28
standard
drinks

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40% strength

HIGH STRENGTH SPIRITS

30ml nip

1
standard
drinks

700ml bottle

22
standard
drinks

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HIGH STRENGTH PRE-MIX SPIRITS

300ml
can

1.6
standard
drinks

375ml
can

2.1
standard
drinks

440ml
can

2.4
standard
drinks

7% alc.vol. strength

[You should also view the Standard Drinks website](#)

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Licensees may use a measuring instrument for pouring spirits however this is not legislated in NSW unless it is a specific condition of the venue's license...



[You should also view the Standard Drinks website](#)

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Alcohol belongs to the stimulant category of drugs:

(Select **one** answer and click the **Submit Answer** button to confirm your selection)

- ☐ True
- ☐ False



Correct !

Click Next to continue.

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A standard drink generally contains:

(Select **one** answer and click the **Submit Answer** button to confirm your selection)

- ☐ 10 grams of alcohol
- ☐ 15 grams of alcohol
- ☐ 20 grams of alcohol
- ☐ 25 grams of alcohol



Correct !

Click Next to continue.

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Which of the following is generally equivalent to a standard drink?

(Select **one** answer and click the **Submit Answer** button to confirm your selection)

- ☐ a 150 ml glass of wine
- ☐ a 30 ml glass of fortified wine
- ☐ a 285 ml glass (middy) of full strength beer
- ☐ all of the above



Correct !

Click Next to continue.

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Short-term effects

Long-term effects

The risk of harm associated with drinking on a **single day...**

Health risks of drinking at harmful levels; can be compounded by effects of...



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There are short and long-term impacts on both the consumer and the community from alcohol consumption.

Short-term impacts of alcohol refer to the risk of harm associated with drinking (particularly injury or death) on a single day. These risks include accidents, injury and violence.

These levels assume that overall drinking patterns remain with the levels set for long-term risks, and that these heavier drinking days occur infrequently and never more than 3 times a week. Outside these limits, risk is further increased.



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Short-term health consequences of excessive drinking on a single day...

Risk taking behaviour

Accidents, falls, reduced coordination, altered thinking and speech and at the highest level unconsciousness. Contributor in a number of accidental deaths.



Aggravated sleep, stress and sexual functions

Seen as a method to minimise stress and induce sleep. However, it does not address the real cause of the stress and leads to increased wakefulness and disturbed sleep patterns.

Heart problems

One or two standard drinks can affect heart rate, blood pressure and heart muscle contraction. Overall effect on blood flow may have negative implications on persons with cardiovascular disease.

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Long-term impacts refer to the health risks of drinking at harmful levels, which can be compounded by the effects of smoking, poor diet and other drugs.

Long-term impacts refer to the risk of harm due to regular daily patterns of drinking, defined by the total amount of alcohol typically consumed per week. Certain levels of alcohol consumption over a long period of time increases the risk of developing certain disorders.



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Long-term consequences of excessive drinking over a long period of time...



Stroke and hypertension

Cirrhosis of the liver

Cancer

Cognitive problems and dementia

Problems with the nerves

Gut and pancreas disease

Harm to unborn baby

Sexual problems

Alcohol dependence

Alcohol related brain injury

Problems with memory and reasoning

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Excessive alcohol consumption can negatively affect your life in other ways...

Work life

- Absenteeism
- Reduced productivity
- Losing the respect and friendship of colleagues
- Losing a job

Home and social life

Alcohol increases the risk of

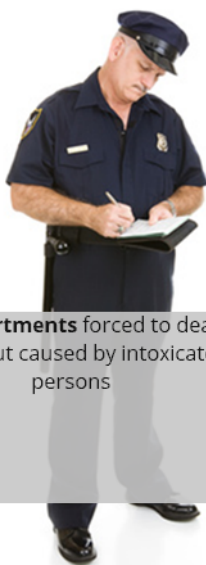
- Violence
- Abuse
- Neglect

Towards family and friends

Could result in loss of income, financial hardship and even losing family, friends or a home

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Police departments forced to deal with the fallout caused by intoxicated persons



Health facilities have to treat people who have been involved in incident resulting from excessive alcohol consumption



Negative affect on our **road authorities** and **local councils** who are responsible for maintaining public areas and roads

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People are affected by alcohol in different ways. In this section we will explore the factors that influence the effects of alcohol.

Click each factor below to find out more.



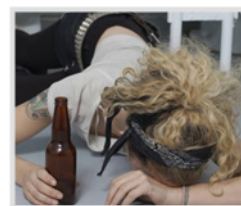
Please click each
person before
moving on.

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Combining alcohol with any other drug can be dangerous or cause discomfort



Make it harder to think
clearly



Make it harder to coordinate
movement



Compound the risk of a fatal
overdose

Certain drugs, such as stimulants, may mask the effect of alcohol and cause a person to feel that they're
not intoxicated

This can place that person at risk of injury as they may feel over-confident and think that they are fine even though they
may be intoxicated

Click [here](#) to visit the NSW Health website for more information

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If you think that someone
has been affected by
drugs...

**Stop serving alcohol
Immediately**

Drug	Possible effect of interaction with alcohol
Antibiotics	Reduced effectiveness of antibiotic, Nausea/vomiting, headache and convulsions
Anti-depressants	Increased sedation effects, May increase blood pressure, May reduce the effectiveness of the anti-depressant drug
Cardio vascular medication	Dizziness and reduced drug effectiveness
Pain relievers (e.g. ibuprofen, aspirin)	Increased risks of bleeding in the stomach and failure of blood clotting, Increased effects of alcohol
Pain relievers (e.g. morphine, codeine)	Sedation, Increased possibility of overdose
Benzodiazepines (e.g. Valium and other sedatives)	Increased drowsiness, Depressed heart and breathing function
Marijuana	Increased sedation effect with slowed reactions
Amphetamines	Increased drug effect (10 foot tall and bullet-proof), Anxiety, shortness of breath and racing heartbeat

While illicit and illegal drugs used by young adults for recreational purposes can have an unwanted effect on health and behaviour, you must also consider that many people are prescribed drugs for conditions such as heart complaints, blood pressure and pain relief, these can also have adverse effects if mixed with alcohol

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When alcohol is consumed, it is absorbed into the blood stream

**Blood Alcohol
Concentration (BAC)**



Measurement of the amount of alcohol in a person's body and is measured in grams of alcohol per 100ml of blood

0.05 BAC



50mg of alcohol per 100 ml of blood

A person's BAC levels will start to rise **as soon as they start drinking**



Highest level about **30-60 minutes** after they stop drinking

If a person has eaten a substantial **meal** while drinking, their BAC **peak** may not be reached for up **to 2 hours**

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Alcohol affects people and their BAC in different ways for a variety of reasons.

Click each factor below to find out more.



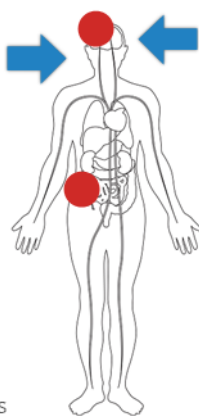
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Intoxication starts **the moment** the first alcoholic drink is consumed

Affects the
pituitary gland



Flows to the
brain

How intoxicated a person becomes will depend on the **same factors** that impact their **BAC**.

When a person's ability to **think** or **act** appropriately is lost



'intoxicated' or
'drunk'

Each state and territory has slight differences to their legal definitions.

In NSW:

A person is considered to be intoxicated if:

"The person's speech, balance, coordination or behaviour is noticeably affected, and it is reasonable, in the circumstances, to believe that the affected speech, balance, coordination or behaviour is the result of the consumption of liquor."

For Liquor & Gaming NSW "Intoxication Guidelines FactSheet" [click here](#)

Skills and inhibitions
decrease



Risk of injury & trauma
increases



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Which of the following is not a factor that influences how a person is affected by alcohol:

(Select **one** answer and click the **Submit Answer** button to confirm your selection)

- ☐ gender
- ☐ mental health and sleeping patterns
- ☐ a family history of alcohol dependence
- ☐ a person's socio-economic status



Correct !

Click Next to continue.

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For how long can a person's blood alcohol content keep rising after they have finished their last alcoholic drink?

(Select **one** answer and click the **Submit Answer** button to confirm your selection)

- ☐ 10 minutes
- ☐ 30 minutes
- ☐ 40 minutes
- ☐ two hours



Correct !

Click Next to continue.

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Indicators that a person is becoming intoxicated

Picking up on these signs and acting on them early can help to prevent intoxication

Mixing a wide **range** of drink typesDrinking **quickly** and asking for more immediatelyOrdering **more than one drink** for own consumptionMixing alcohol with **prescription or illicit drugs**Ordering 'triple shots' or **extra-large drinks**Ordering **multiple** samples or **large** samples

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People can show signs of being affected by alcohol in different ways. In this section we will explore the different signs of intoxication.

Click each factor below to find out more.



Behaviour



Speech



Coordination



Balance



- Rude
- Aggressive
- Belligerent
- Argumentative
- Offensive
- Bad tempered
- Physically violent

- Loud/boisterous
- Confused
- Disorderly
- Exuberant
- Using offensive language
- Annoying/ pestering others

- Overly friendly
- Loss of inhibition
- Inappropriate sexual advances
- Drowsiness or sleeping at a bar or table
- Vomiting
- Drinking rapidly

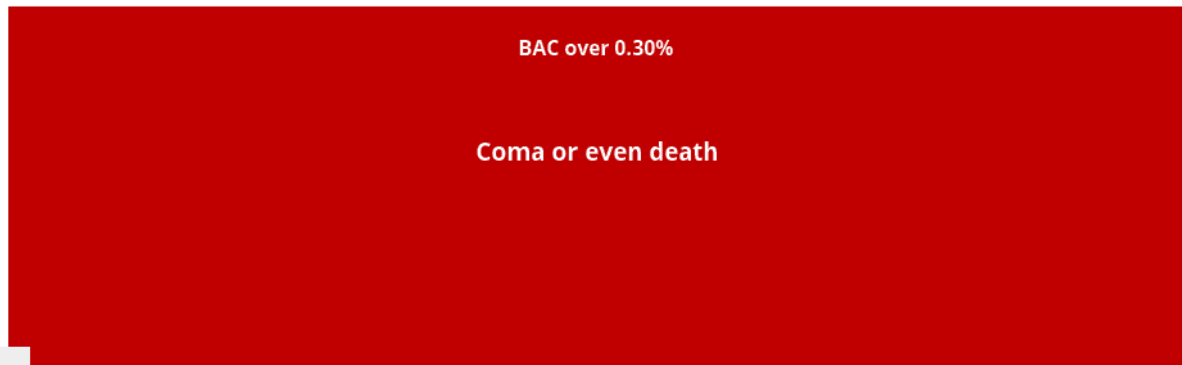
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Will be **different** for each person, but there are **common signs** and **indicators** that you can watch out for.

Click each stage of the timeline below to find out more.



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- Observing the amount and type of alcohol they have consumed
- Observing their behaviour
- Talking to the person and their friends
- Getting a second opinion from your workmates or supervisor



When did the person enter the premises?

How much and what type of alcohol have they been witnessed drinking?

When did they last eat and how much?

Does the person show any signs of intoxication?

Does the person smell of liquor?

Is there another reason they are showing signs of intoxication?



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Coordination

Alcohol Smell

Unsteady

Slurred Speech

Eyes



A degree of judgement is still required in determining whether a person is intoxicated, or approaching the point of becoming intoxicated. In exercising that judgement, other factors should also be considered, such as the amount and types of alcohol served to a patron, and the time over which the consumption of alcohol took place.



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Care must be taken to establish if there are other causes, such as a medical condition or disability, which may cause signs or symptoms similar to intoxication. This requires thoughtful observation of patrons by all staff.

Displaying signs of
intoxication



Haven't observed them
drinking



Do not smell of alcohol



Signs may be due to
another reason



Approach the customer in a **sensitive, professional**
and **non-discriminatory** manner

Displaying signs of
intoxication



Smells strongly of alcohol



Likely they are intoxicated

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Observations of patrons should consider:



- If the person is affected by alcohol when they arrive;
- If a person smells of alcohol;
- The time they entered the premises;
- The length of time they have been drinking; and
- The type and amount of alcohol consumed.

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A customer may be showing signs of intoxication due to **drink spiking**

Drink spiking



When extra alcohol or illicit drugs (such as ketamine or GHB) are added to a person's drink without their knowledge

Consequences can be severe and may lead to:

Dangerous behaviour

Extreme intoxication

Robbery



Violent or sexual assault

Severe side effects from unknown drugs

Coma or death

The most common **victims** of drink spiking are **females** and the most common **locations** of drink spiking are **nightclub venues**.

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PREVENT

Staff should be **aware** of:

Customers requesting **extra** measures of spirits

Customers **suddenly** appearing intoxicated

Persons wanting to **escort home** suddenly intoxicated customers

Place an '**unattended drink card**' over a customer's drink if left unattended

Government drink spiking **initiatives**

Promote **awareness** with customers of the dangers from drink spiking

MANAGE

Take the following action to **manage** the situation:

Stay with the customer and offer them **assistance**

Obtain identification details of any **suspicious** customers

Take **possession** of the suspected spiked drink

Locate a **trusted friend** who can assist the customer home

If the customer becomes **disoriented** or **sleepy** while being spoken too, contact a **Manager** immediately

If the customer displays signs of being **drugged**, call an **ambulance** and contact **police**

If the customer becomes **unconscious**, call an **ambulance** immediately

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There are a number of groups that can be affected by alcohol more than others

Customers at a **heightened risk** from the **effects** of excessive drinking include:



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Women who abuse or are dependent on alcohol are more vulnerable than men to issues such as liver disease and brain damage, Woman who drink alcohol regularly are also at heightened risk of Osteoporosis, Premature menopause, Infertility and miscarriages and High blood pressure and heart disease. Alcohol may also raise a woman's chance of developing breast cancer



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Maternal alcohol consumption can harm a developing fetus or breastfeeding baby

While the risk to unborn children from very low levels of alcohol consumption is thought to be low, there is limited research available on the affects of alcohol during pregnancy and breastfeeding

There is evidence to suggest that high levels of alcohol consumption may be related to miscarriage, stillbirth and premature births

Teenagers and young people can be more vulnerable to the effects of alcohol because they have not built up physical tolerance. They also lack drinking experience and are less able to judge their own levels of intoxication and most young people are smaller than adults and so alcohol can have a greater effect



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Fortunately, many of the customers that consume alcohol in a licensed venue, do so in a **responsible manner**

Guidelines for drinking alcohol, which aim to reduce the short-term and long-term health risks of alcohol



**2 standard drinks
per day**



**4 standard drinks in
one session**



**Should not drink
at all**



**Should not drink
at all**

It is **recommended** that healthy men and women have **2-3 alcohol free days a week**.

This doesn't mean a person should save those drinks for another day.

People that drink all of their week's worth of drinks in one binge drinking session are exposed to extreme health risks.

Download "[Guidelines to reduce health risks from drinking alcohol](#)"

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Under the Australian Guidelines to Reduce Health Risks from Drinking Alcohol published by the National Health and Medical Research Council, the safest option for alcohol consumption for young people up to 18 years of age is:

(Select **one** answer and click the **Submit Answer** button to confirm your selection)

- ☐ no alcohol
- ☐ 1-2 drinks occasionally under parental supervision
- ☐ 1 drink on a special occasion
- ☐ 2-3 low alcoholic drinks once or twice a year



Correct !

Click Next to continue.

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Which of the following statements is not true?

(Select **one** answer and click the **Submit Answer** button to confirm your selection)

- ☐ alcohol may affect your vision especially at night
- ☐ alcohol may affect your hearing
- ☐ alcohol makes you more alert
- ☐ alcohol may make you feel more confident



Correct !

Click Next to continue.

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Drinking alcohol reduces a person's **ability** to drive safely



Increases their chances of an **accident**

Reduce ability to do multiple tasks

Concentration

Reaction times

Increase confidence and risk
taking



More likely to fall asleep

Simple tasks more difficult

Hearing and vision

Alertness, judgement and
reflexes



It is **against the law** for a person to drive a vehicle if their BAC is **over**
the legal limit

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BAC limit = 0.05

Learner driver = zero

Heavy vehicle, bus and taxi driver = 0.2

How much can a person drink and be below the limit?

Everyone is **different**, the only way to be certain = **No Alcohol**

Use the following as a **general guide** to remaining below the 0.05 limit



2 standard drinks in the first hour



1 standard drink each hour after that



1 standard drink each hour

Time is the only thing that will **reduce** a person's **BAC**

No amount of **coffee**, **cold showers** or **vomiting** will reduce a person's BAC quicker

After a **heavy night's drinking**, a person could still be over 0.05 the **next morning**

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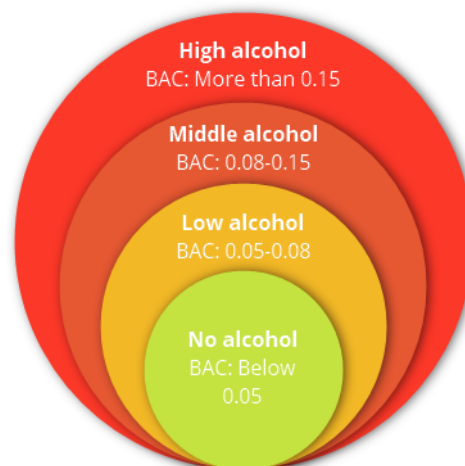
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Four different **alcohol limits** for driving a vehicle

Used to apply **penalties** if a person is caught driving with an **illegal BAC** for their licence and vehicle type

Differ slightly between states, under NSW legislation:



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State or Territory	BAC Limit	0.02	0.05
QLD	Limit for: • Learner, P1/P2 provisional, probationary or restricted licence holders (regardless of age). • All licence holders learning to drive the next higher class of licence under the authority of their provisional, probationary or open licence. • Class RE motorcycle licence holders for the first 12 months of class RE motorcycle provisional, probationary, restricted or open licence. • All licence holders when driving, or in charge of a: ○ Truck (any motor vehicle with a GVM greater than 4.5t) or an articulated motor vehicle (e.g. B-double, or road train) ○ A bus (built or fitted to carry more than 12 adults, including the driver), taxi, limousine or public passenger vehicle ○ A vehicle carrying a placard load of dangerous goods ○ A low truck, pilot vehicle or escort vehicle escorting an oversize vehicle or a specially constructed vehicle, including a tractor. ○ A vehicle being used by a driver trainer to give driver training.	-	-
NSW	Limit for: • Learner, P1 and P2 drivers and riders	-	-
VIC	Limit for: • Drivers on a probationary licence (P plates) or learner permit (L plates) • Bus and taxi drivers • Drivers of trucks over 15 tonnes.	-	-
ACT	Limit for: • Special, probationary, international, provisional and learner licence holders and driver trainers • Drivers of vehicles with a Gross Vehicle Mass or Gross Combined Mass of more than 15t and drivers carrying dangerous goods	-	-
SA	Limit for: • Learner drivers and Drivers on P Plates • Those who drive a taxi, bus or truck	-	-
NT	Limit for: • Learner licence • Provisional licence • Full licence (car or rider) on Z condition • Approved driving instructors who are teaching • Public passenger vehicle drivers – bus, taxi • Coach or heavy vehicle (over 15 tonnes GVM or GCM) drivers • Dangerous goods vehicle driver	-	-
WA	Limit for: • Novice drivers (A novice driver is a person that has not held a driver's licence for a total period of 2 or more years.) • Drivers that have been recently disqualified • Drivers that hold an Extraordinary Licence • Driver of a taxi, bus, small charter vehicle, vehicle carrying dangerous goods; or a vehicle over 22.5t.	-	-
TAS	Limit for: • Provisional, Learner or unlicensed drivers. • Driving a vehicle with a gross mass exceeding 4.5 tonnes. • Driving a public passenger vehicle or a vehicle designed and constructed to carry 13 or more adult passengers, including the driver	-	-



Click on the table to enlarge

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Let's look at how to **estimate** a person's BAC and whether they are **under** the 0.05 BAC drink and drive **limit**.

Peter is a **healthy male** in his 30s.

He has been at the pub with his friends for **2 hours**.

First hour: two **standard** rum and cokes with a 30ml nip in each



Second hour: one **30ml nip** of whiskey on the rocks.

Based on the general guide covered earlier:

Peter should be under the limit and be able to drive.

If he had drunk two whiskeys on the rocks in the second hour, then **he would need to wait another hour** without drinking before driving.

If a customer asks you whether they should drive, it is important to **advise them of the guidelines** but **do not** advise them whether they should drive

Everyone is **different** and will be affected by alcohol **differently**.

Without an alcohol breath tester, you **are not** able to tell them what their BAC is and whether they are over the legal limit.

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It's important to be aware of the range of **non-alcoholic** and **low-alcohol beverages** on offer in your licenced venue.

Offer these options to customers:

Designated driver



Ask for them



Showing early signs of intoxication

Common non-alcoholic beverages:



There are also an increasing range of **low-alcohol beers**, **wines** and **boutique drinks** available on the market.

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Which of the following category of drivers is subject to a zero blood alcohol limit?

(Select **one** answer and click the **Submit Answer** button to confirm your selection)

☐

only L plate drivers

☐

only L and P plate drivers

☐

only drivers under 25 for the first three years of driving

☐

all of the above



Correct !

Click Next to continue.

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Which one of the following statements is not a myth associated with sobering up?

(Select **one** answer and click the **Submit Answer** button to confirm your selection)

- ☐ fresh air and exercise
- ☐ drinking coffee
- ☐ taking a cold shower
- ☐ allowing time



Correct !

Click Next to continue.

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Understanding standard drinks, BAC, signs of intoxication, reasonable consumption guidelines, drink and drive limits and non-alcoholic alternatives, all help to **prevent alcohol-related problems** before they become an issue.

Monitor customers and their behaviour

Solve issues before they escalate to an incident

Encourage customers to drink within the appropriate reasonable limits

Watch for the early signs of customers at risk of becoming intoxicated

Assist customers with information on the range of non-alcoholic beverages

Keep an eye out for potential troublesome customers



Use common sense and approach a customer in a sensitive, professional and non-discriminatory manner

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Congratulations! You have now completed **Module 2: Alcohol and its effects.**

You should now be able to:

- Explain how to prepare standard drinks
- Describe the factors that impact BAC
- Summarise the effects of alcohol
- Describe the signs of intoxication
- Explain responsible consumption levels



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