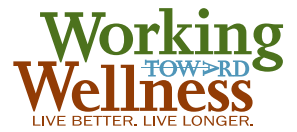


December is a festive time to celebrate with family, friends, employees, and co-workers. Unfortunately, this is also the time of year for some to consume alcohol and get behind the wheel. Nothing can ruin the memory of a good party like a 'morning after' telephone call about someone at your party being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



KEEP THE CHEER IN YOUR COMPANY THIS HOLIDAY SEASON



HOT TOPIC

Whether you host a home or workplace party, planning can reduce the risk of drinking and driving.

Low Risk Drinking Guidelines (L.R.D.G.'s)

These guidelines help people make informed decisions about the amount of alcohol they drink. The suggested consumption levels of alcohol can reduce the risk of serious short-term effects such as car crashes, falls, and other violent incidents or death. Binge drinking, consuming 5 or more drinks at one sitting is directly related to severe trauma and tragedy.

L.R.D.G.'s recommend if you choose to drink at all, drink:

- No more than 2 "standard drinks" on any one day, spread at least one hour apart.
- No more than 9 standard drinks per week for women.
- No more than 14 standard drinks per week for men.

Learn more about L.R.D.G.'s at

http://www.apolnet.org/actpacks/en_pamphMay04.pdf

1 standard drink = 13.6 grams of alcohol

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.) or spirits. It takes a healthy person weighing about 150 pounds over one hour to eliminate the alcohol of one standard drink.

wine	spirits	beer
5 oz. / 142 mL of wine (12% alcohol)	1.5 oz. / 43 mL of spirits (40% alcohol)	12 oz. / 341 mL of regular beer (5% alcohol)

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. Have emergency numbers on hand.
- Make sure none of your guests drive under the influence of alcohol or drugs.
- Know who the designated drivers are, and have phone numbers ready for taxis.

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 (500ml) of Sugar (optional)
- Shaved Ice

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For more mocktail ideas visit-

<http://www.lcbo.com/socialresponsibility/mocktails.html>



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

- 1.2 million Canadians drove believing they were legally impaired.
- 13.8% of people over the age of 18 in Windsor-Essex County reported they drove after drinking 2 or more drinks in the previous hour.
- About 4% of licensed drivers account for more than 88% of all reported impaired driving in Canada.

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.

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%.
- Alcohol was estimated to cost the Canadian economy \$7.5 billion in 1992 (latest available figure).
- 18% of Canadians over the age of 12 were heavy drinkers, consuming 5 or more drinks on one occasion, at least once a month.

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 <http://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>).



Enjoy your party and help everyone have a good time by being a responsible host.

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