



DMM Safety Alert:

Alcohol In Energy Drinks

Public health and safety officials have become alarmed by the newest entry into the ranks of alcoholic beverages. Mine operators and other employers should be as well. Alcoholic energy drinks are prepackaged beverages containing alcohol, caffeine and other stimulants. The Food and Drug Administration (FDA) limits caffeine to 65 milligrams per serving of food or beverage. Currently, the FDA does not regulate energy drinks. Some of these drinks contain as much as 300 milligrams of caffeine. Add alcohol on top of this and you have a potentially dangerous mix. One brand comes in a 23 oz. can and contains alcohol and caffeine in amounts equal to 3 beers and 8 cups of coffee.

The Dangers:

Energy drinks are stimulants and alcohol is a depressant. The combination can have dangerous effects. Among them:

- Alcohol and caffeine can be very dehydrating. This can hinder the body's ability to metabolize the alcohol extending the effects, even into the next day. ALSO, dehydration, when working in hot environments, increases the risk of heat related illnesses.
 - The stimulant effect can mask the effect of the alcohol so a person may not realize how much alcohol they have consumed. No matter how alert they may feel, their blood alcohol level will be increased.
 - Once the stimulant wears off, the depressant effect of the alcohol remains. Serious alcohol induced sickness can occur such as vomiting while asleep or respiratory depression.
- * **The packaging of these beverages is very similar to non-alcoholic energy drinks and may be hard to recognize.**

What to do:

All miners should be reminded that the use of drugs and alcohol on mine property is forbidden. Make sure this topic is covered with contractors as well. If in doubt, check the container, any alcohol content must be listed on the label.



Can you tell the difference?