

## Alcohol and Other Drugs

### Our Vision

At PRIMEXL we aim to be the partner of choice in the creation of better organisations and better lives.

### Our Values

We value:

- **Meaningful relationships**
- **Premium quality services**
- **Innovation** – we are always looking for ways to add more value to our clients
- **Accountability for our performance**

For more information about our suite of solutions, please contact:

### PRIMEXL

461 Scarborough Beach Road  
OSBORNE PARK WA 6017

PHONE +61 8 9492 8900

FAX +61 8 9446 8089

FREECALL 1800 674 188

EMAIL [training@primexl.com.au](mailto:training@primexl.com.au)

WEB [www.primexl.com.au](http://www.primexl.com.au)

The recommended maximum intake of alcohol is:

### FEMALES

Standard drinks a day	Weekly	Level of risk
Up to 4 (no more than 1 standard drink every hour)	up to 14	Low risk
5 to 6	15 to 28	Risky
7 or more	29 or more	High Risk

### MALES

Standard drinks a day	Weekly	Level of risk
Up to 6 (no more than 2 standard drinks in the 1 <sup>st</sup> hour and 1 every subsequent hour)	up to 28	Low risk
7 to 10	29 to 42	Risky
11 or more	43 or more	High Risk

**Low risk** levels define a level of drinking at which there is a minimal risk of harm.

**Risky** levels are those at which risk of harm is greatly increased.

**High risk** drinking levels are those at which there is high risk of serious harm, and above this the risk increases rapidly.

**A standard drink** contains approximately 10 grams of alcohol. It is important to regularly have alcohol free days, particularly if you are a regular drinker. The National Health & Medical Research Council recommends one or two alcohol free days each week.

## How long does alcohol stay in the body?

It takes the liver about one (1) hour to breakdown and clear one (1) standard drink and nothing can be done to speed up this process. People can still have alcohol in their blood the day after a heavy drinking session and therefore may still be over the legal limit to drive.

Alcohol is the cause of many chronic health problems including:

- Cardiovascular disease
- Obesity
- Liver disease
- Brain damage

Alcohol can impair your performance and brain function in a variety of ways, including:

- Attention
- Remembering and retrieving information from memory
- Rate of information processing
- Short sighted decision making

Very low levels of alcohol can still affect your judgement and performance, and even a very small quantity can have an effect where a high degree of skill is needed, where the risk is already high, or where the safety of others is involved. It is, therefore, important and your responsibility to ensure that you are not under the influence of alcohol when you are at work.

## AMPHETAMINES

Amphetamines (and methamphetamines) are the second most commonly used illicit drug in Australia, second only to cannabis.

Amphetamines act to simulate the central nervous system and also the sympathetic nervous system by increasing the concentration of neurotransmitters which results in a “speeding up” of the bodily systems.

Amphetamines have a more prolonged effect than most other illicit drugs with the half life for amphetamine at 12–36 hours and the half life for methamphetamine at 8–17 hours.

To safely manage alcohol and other drugs in your workplace, please contact PRIMEXL on 08 9492 8900.