

SECTION 8

Alcohol and drug awareness QUIZ with ANSWERS

1. Name 5 signs of alcohol or drug misuse

Answers

Drugs:

- sudden mood changes
- unusual irritability or aggression
- tiredness or changes in appetite
- a tendency to become confused
- abnormal fluctuations in concentration and energy
- tremors, slurred speech, or impaired coordination.
- bloodshot eyes, pupils larger or smaller than usual
- sudden weight loss or weight gain
- impaired job performance
- poor time-keeping
- increased short-term sickness absence
- a deterioration in relationships with colleagues, customers, the public or management
- deterioration of physical appearance, personal grooming habits
- dishonesty, theft or financial troubles (as a result of the need to maintain an expensive habit).

Alcohol:

- Slurred or incoherent speech.
- Poor balance and clumsiness.
- Delayed reflexes.
- Stomach pains, vomiting or nausea.
- Blackouts and memory loss.
- Redness in the face during or after periods of alcohol consumption.
- A smell of alcohol on the breath.
- Unusual irritability or aggression.
- Tiredness due to insomnia.
- Impaired job performance.

2. What would happen if the RNLI knowingly allowed a staff member under the influence of drugs or alcohol to continue working, and his or her behaviour put someone at risk?

Answer

The RNLI could be prosecuted under Health and Safety legislation.

3. What are the five most used drugs in the UK and Ireland?

Answer

Cannabis
Cocaine
MDMA/Ecstasy
Amphetamines
Heroin

4. Who should you talk to at the RNLI if you have a problem with drugs or alcohol?

Answer

Your line manager or a volunteer adviser, people adviser or HR business partner

5. Adults are recommended to drink no more than 14 units of alcohol per week. How many pints of beer is this?

Answer

4

6. The way alcohol affects you can depend on a number of different factors. Name three of them.

Answers

- your weight, age, gender and metabolism
- the type and amount of alcohol you're drinking
- what you've eaten recently
- your stress levels at the time
- the type and strength of alcohol
- whether you've taken medication
- whether you have also taken any illegal drugs.

7. Sleep helps your body break down alcohol quicker – true or false?

Answer

False.

Your liver is responsible for breaking down alcohol and sleep has no influence on the time this takes. Alcohol does affect the quality of your sleep, stopping you from spending as much time in dream sleep. This can make you feel more tired the day after drinking.

Alcohol and Drug Awareness Toolkit

The RNLI is the charity that saves lives at sea

Royal National Lifeboat Institution, a charity registered in England and Wales (209603) and Scotland (SC037736). Registered charity number 20003326 in the Republic of Ireland

Find the toolkit in the HR Policy Zone on Porthole or the Resources section on the Volunteer Zone.

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8. How long does it take your body to break down one unit of alcohol?

Answer

a. approximately 1 hour

9. Alcohol is responsible for someone dying in the UK every ...

Answer

b. hour

10. How many employers in the UK are estimated to have employees working for them who have alcohol and drug problems?

Answer

c. 60% with alcohol problems and 27% with drug problems

11. How many alcohol or drug related incidents have occurred so far in 2017 involving staff and volunteers at the RNLI?

Answer

c. 13

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