

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 20003206 in the Republic of Ireland.

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

Alcohol Awareness Test Answers

David Baud



Alcohol Awareness Test Answers:

A Handbook for Alcohol Education Kenneth C. Mills, Edward Max Neal, Iola Peed-Neal, 1983 Alcohol Education ,1967

Current Catalog National Library of Medicine (U.S.),1980 Includes subject section name section and 1968 1970 technical reports Resources in Education ,1975 *Alcohol Education Programs for Drunk Drivers* ,1988 *Alcohol Education Materials* Gail Gleason Milgram,1975 *The Basic Health and Safety Program* ,1957 **Cracking the TExES** Princeton Review,2005-01-25 This guide prepares prospective teachers for the Texas Examinations of Educator Standards test mandatory in order to teach in the state of Texas Curriculum Foundation Series ,1965 **Alcohol Education Materials, 1973-1978** Gail Gleason Milgram,1980 **Alcohol Education** David J. Hanson,1996-11-30 In spite of a massive national investment in alcohol education the evidence clearly demonstrates that our current efforts are overwhelmingly ineffective and are often counterproductive The assessment of the effectiveness of alcohol programs over the past 15 years reveals that those based on the responsible use approach tend to be superior to those based on the abstinence approach Hanson puts the historical relationship between Americans and alcohol into perspective discusses federal policies on alcohol that are highly ideological and biased and advocates the development of responsible use curricula that will prepare students to be as adults responsible consumers of alcohol While alcohol has been praised as a sign of refinement a source of relaxation and a complement to good times it has also been cursed as the cause of disease and death The temperance movement which taught that alcohol was poison and that moderation in its use was no more possible than moderation in murder has greatly influenced American thought and is reflected in our abstinence oriented approach to alcohol education Current programs reflect not only these abstinence origins but the inclusion of drug education several decades ago Hanson finds that despite good intentions evidence indicates that this approach has proved ineffective He considers the strong and often mixed feelings Americans have toward alcohol that are reflected in ever changing public policy and concludes that the development and evaluation of alcohol education programs should be based on the best scientific evidence available rather than on political ideology Recommendations for change in alcohol education are presented with the most important being that we must promote the development and evaluation of diverse responsible use curricula with the goal of reducing alcohol abuse

Alcohol Education and Offenders Steve Baldwin,1990 ALCOHOL/SAFETY PUBLIC INFORMATION MATERIALS CATALOG NUMBER 10 Ann C. Grimm, Margaret B. T. Wiviott, Elizabeth A. Schoenborn,1986 Journal of Alcohol Education ,1971 **Government Reports Announcements & Index** ,1979-08-31 *Journal of Studies on Alcohol* ,1981 The contents alternate monthly original articles in odd numbered months current literature in even numbered months

Journal of Health, Physical Education, Recreation ,1934 *Health Education in Secondary Schools* Cyrus Mayshark,L. W. Irwin,1968 **Resources in Education** ,1992 **Current Index to Journals in Education** ,1992

Decoding **Alcohol Awareness Test Answers**: Revealing the Captivating Potential of Verbal Expression

In a time characterized by interconnectedness and an insatiable thirst for knowledge, the captivating potential of verbal expression has emerged as a formidable force. Its power to evoke sentiments, stimulate introspection, and incite profound transformations is genuinely awe-inspiring. Within the pages of "**Alcohol Awareness Test Answers**," a mesmerizing literary creation penned by way of a celebrated wordsmith, readers attempt an enlightening odyssey, unraveling the intricate significance of language and its enduring impact on our lives. In this appraisal, we shall explore the book's central themes, evaluate its distinctive writing style, and gauge its pervasive influence on the hearts and minds of its readership.

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