

Alcohol!

Alcohol is a depressant drug. **It slows you down.**
Users can feel relaxed, sociable, happy, self confident.

Using alcohol to help you get through a workday can lead to:

- inability to concentrate and think clearly
- slower physical reaction time
- reduced physical coordination and balance
- bad judgement
- increased chance of injuries due to unusual risk taking
- hangovers
- making mistakes on the job
- absenteeism
- increased aggression

