



# Low-Risk Drinking Guidelines

**MARLANT Addiction-Free Living Working  
Group & Health Promotion Services  
2017**

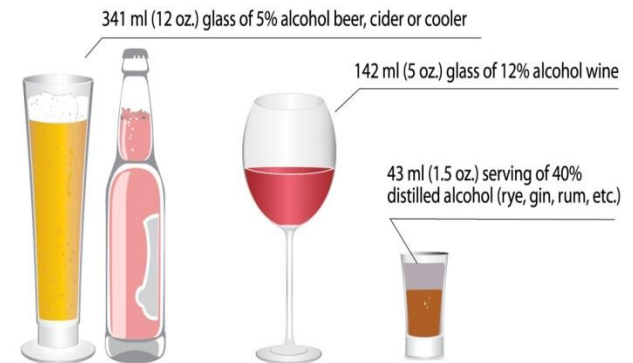


# Low-Risk Drinking Guidelines Summary

- 0-2 standard\* drinks per day for women
- 0-3 standard drinks per day for men
- No more than 10 standard drinks per week for women
- No more than 15 standard drinks per week for men
- Always have some non-drinking days per week to minimize tolerance and habit formation
- Do not exceed the daily limits & do not save drinks up for the weekend or an event



For these guidelines, "a drink" means:



# CAF Drinking Patterns

The 2013/14 CF Health and Lifestyle Information Survey (HLIS) shows that :

- 33.8% of males aged 18-29 consume over the maximum number of recommended drinks per week
- Alcohol use exceeding the LRDG is more common in:
  - Members aged 18 – 29 compared to those aged 30 - 60
  - Males compared to females
  - NCMs compared to officers

# Low-Risk Drinking Guidelines

Remember, **do not** drink in these situations:

1. When operating any kind of vehicle, tools, or machinery
2. When taking medications or other drugs that interact with alcohol
3. When engaging in sports or potentially dangerous physical activities
4. When in the workplace
5. When making important decisions
6. When pregnant, planning to become pregnant, or before breastfeeding
7. While responsible for the care or supervision of others
8. If suffering from serious physical illness, mental illness or alcohol dependence

# Reduce short-term risks by choosing safe situations and restricting your alcohol intake:

On occasions when drinking at these upper levels, it is important to:

- Set limits for yourself and stick to them
- Drink slowly – no more than 2 standard drinks in any 3 hours
- Have one caffeine-free, non-alcoholic drink for every drink of alcohol consumed
- Eat before and while you are drinking (**do not** drink on an empty stomach)
- Avoid risky situations and activities

# Consequences of Drinking

- Federal and provincial penalties resulting from alcohol-related incidents
- Career implications, including administrative and/or disciplinary action
- 11% (186 people) of CAF deaths between 1983 and 2007 were attributable to alcohol

# Resources

Health Promotion Services: CFB Halifax and Region  
**902-722-4956**

Addiction Prevention & Treatment Program  
**902-721-8600**

Canadian Centre on Substance Abuse  
**[www.ccsa.ca](http://www.ccsa.ca)**

