



# Weekly Safety Meeting

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## Dangers of Energy Drinks

Caffeine is commonly used in today's society to get more energy, to feel more alert. While caffeine has been around for hundreds of years, caffeinated energy drinks have been gaining in popularity over the past few decades.

### Energy Drink Hazards:

Over consumption of caffeine and other energy producing ingredients found in energy drinks such as taurine can lead to health issues.

Studies show emergency room visits are recognizing caffeine related issues. Cases have involved heart abnormalities like irregular heartbeat, while some documented neurological problems like seizures. According to one researcher, "Animal studies have shown that caffeine and taurine, both common energy drink ingredients, intensify each others effects. That may cause calcium to build up in the heart cells, which can cause those vessels to constrict."

Recently, a South Carolina high school student collapsed and died after consuming a very high dose of caffeine in a short time: coffee, soft drinks, and an energy drink. The coroner reported that the student died from a caffeine-induced lethal cardiac arrhythmia.

### Safety:

Large amounts of caffeine may cause serious heart and blood vessel problems such as heart rhythm disturbances and increases in heart rate and blood pressure. Caffeine also may harm a child's still developing cardiovascular and nervous systems.

Caffeine use may also be associated with anxiety, sleep problems, digestive problems, and dehydration.

Guarana, commonly included in energy drinks, contains caffeine. Therefore, the addition of guarana increases the drink's total caffeine content.

People who combine caffeinated drinks with alcohol may not be able to tell how intoxicated they are; they may feel less intoxicated than they would if they had not consumed caffeine, but their motor coordination and reaction time may be just as impaired.

Excessive energy drink consumption may disrupt sleep patterns and may be associated with increased risk-taking behavior.

A single 16-oz. container of energy drink may contain 54 to 62 grams of added sugar; this exceeds the maximum amount of added sugars recommended for an entire day.

### **Considerations Before Drinking Energy Drinks:**

While the levels of the above energy drinks are well under the 400mg mark, there are other considerations you must take into account.

- Know the content of caffeine from other sources such as coffee or soft drinks (soda) that you may be drinking during the day;
- Know your personal limit when it comes to caffeine. Some people are much more sensitive to caffeine than others;
- Consider the kind of work you are doing. Intense labor work can already put a strain on your heart and body, even before adding an energy drink; and
- Consider your working environment. Drinking energy drinks before working in a hot or stressful working environment just may not be the best choice for you.

### **Summary:**

Be aware what you are putting into your body. While all experts do not come right out and condemn drinking energy drinks, most would agree and recommend only consuming no more than one per day. Energy drinks can have very negative effects and again put your body and heart at risk for unexpected troubles, especially when working in intense labor jobs and stressful work environments.

***YOUR GOOD HEALTH...IS YOUR GREATEST WEALTH!***

## Safety Meeting Sign-In Sheet

Supervisor:	Subject:
Location:	Date:
Conducted By:	Trainer Signature:

Name (print clearly)	Signature	Comments / Safety Concerns / Training Requests