

# ALCOHOL AND THE WORKPLACE

See how much alcohol is affecting American workplaces, either from employees drinking at work or those who drink off the job and can't function once they clock in.

## WHO IS DRINKING?

15%

of American workers are under the influence of alcohol on the job, at least occasionally.

Evening, night or irregular shift drinking more common.

### Workplace drinkers are:

Men more than women

Managers more than their underlings

Younger rather than older

Single rather than married

### Myth/Fact

#### Myth:

Heavy drinkers cause alcohol related work problems.

#### Fact:

Studies show that 80% of alcohol related work problems come from social drinkers, not people dependent on alcohol.

### Myth/Fact

#### Myth:

Alcohol is only a problem when people drink at work.

#### Fact:

Most performance related problems linked to alcohol are based on drinking just before work or showing up with a hangover.



**Business & Industry Health**  
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