

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 RNLU 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 RNLU 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 RNLU 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 deep sleep. This can make you feel more tired the day after drinking.

Alcohol Awareness Test Answers

Zhe Xu



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