Energy Drink Dangers Safety Meeting Kit



WHAT'S AT STAKE

In Today's society to get more energy or to feel more alert, caffeine is commonly used. The most common caffeinated drink in the world is still coffee. But energy drinks have been gaining astounding popularity in the past few years.

The first energy drink was created in 1927 to serve as an energy source for cold and flu patients. The drink was called Lucozade and the 1983 version of the drink only had 46mg of caffeine in it. The modern energy drink we are used to today was not created until 1987 when Redbull was born from a similar energy drink found in Thailand. Redbull was first introduced into the United States in 1997 and energy drink consumption has been increasing ever since.

WHAT'S THE DANGER

Many experts believe daily caffeine consumption is perfectly fine for healthy adults. The Mayo Clinic states that up to 400mg a day of caffeine appears safe for most individuals. Energy drink caffeine levels very greatly and consumers must also take into account the additive effect of other ingredients such as taurine. Some common energy drinks and their caffeine amounts:

- Redbull 12oz- 111mg
- Monster 16oz- 160mg
- Rockstar 16oz- 160mg

Using highly caffeinated and nutritionally deficient beverages like Red Bull and Monster can result in serious health complications. In fact, many companies in the construction industry have deemed energy drinks dangerous enough to ban them from work sites.

Energy drinks can cause insomnia, nervousness, headaches, nausea and anxiety. These symptoms can put workers at an increased risk of being involved in an accident. Also, workers sometimes combine these beverages with poor diet, alcohol abuse, tobacco and obesity, drastically increasing the negative effect on their health.

To avoid heat stress, workers must stay hydrated. Energy drinks contain diuretics, which increase urination and promote dehydration, greatly increasing

the risk of other heat-related illnesses. In addition, consuming energy drinks with alcohol intensifies dehydration, which leads to its own ill effects.

Energy drinks can also cause liver deterioration. Recently, a construction worker in Florida was diagnosed with severe liver problems after drinking four or five energy drinks per day for a few weeks. He developed a yellowish skin color. His blood tests indicated that he had elevated liver enzymes and liver damage. Further testing revealed that the worker had developed acute hepatitis.

The American Heart Association asserts that drinking as few as one to three energy drinks can disrupt heart rhythm, cause heart palpitations and raise blood pressure. Over time, these symptoms can result in cardiac arrest or even death. Prolonged or excessive use of these drinks can also cause heart attack or stroke.

Energy drink makers claim their products are safe. However, consumption has been linked to neurological problems and seizures in children and kidney failure in adults. Additionally, the Center for Science in the Public Interest, a consumer health advocacy group, reports that there may be as many as 34 deaths associated with energy drink consumption.

HOW TO PROTECT YOURSELF

The healthiest choice of something to drink is also the most obvious: water. Plain and simple. These days, elite athletes are using water as their primary hydration source, but other natural beverages are also gaining a lot of popularity for their health benefits. The two biggest examples are coconut water and green tea. Though you may not commonly find them consumed on jobsites too frequently, they both pack a serious punch.

Coconut water has electrolytes, natural salts, amino acids, enzymes, magnesium, potassium, B vitamins, minerals, phytonutrients and so much more. It is also low in calories and sugar. Green tea is also powerhouse of energy and nutrients. It should be noted that green tea is also a stimulant, but its caffeine dosage is very modest.

CONSIDERATIONS BEFORE DRINKING ENERGY DRINKS

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

FINAL WORD

Be aware of what you are putting into your body. While all experts do not condemn drinking energy drinks, most recommend consuming no more than one per day. Energy drinks can have negative side effects and put you more at risk for heart troubles especially for those working intense labor jobs or in stressful

work environments.