|  |
| --- |
| RECORD OF TOOL BOX TALK |
| Workplace:  | Date: |
| Name of supervisor or presenter: | Time: |
| Topics discussed: Accident / Incident / Illness Reporting |
| **DANGERS OF ENERGY DRINKS**Caffeine is commonly used in today’s society to get more energy or to feel more alert. While coffee has been around for hundreds of years and is still the most common caffeinated drink in the world, energy drinks have been gaining in popularity over the past few decades.**Energy Drink Background**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 in 1997 and energy drink consumption has been increasing ever since.**Energy Drink Hazards**Overconsumption of caffeine and other energy-producing ingredients found in energy drinks can lead to health issues. [A study](http://www.tandfonline.com/doi/abs/10.1080/00325481.2015.1001712)focused on cases that involved heart abnormalities like irregular heartbeat, while some documented neurological problems like seizures. According to the researcher, “Animal studies have shown that caffeine and taurine, both common energy drink ingredients, intensify each other’s effects. That may cause calcium to build up in the heart cells, which can cause those vessels to constrict.”**Common Energy Drink Caffeine Amounts**Many experts believe daily caffeine consumption is perfectly fine for healthy adults. [**The Mayo Clinic states**](https://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/in-depth/caffeine/art-20045678)that up to 400mg a day of caffeine appears safe for most individuals. Energy drink caffeine levels vary greatly, and consumers must also consider the additive effect of other ingredients such as taurine. Some common energy drinks and their caffeine amounts:Redbull 350mm - 111mgMonster 475mm - 160mgRockstar 475 - 160mg**Other 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 consider.* Know the content of caffeine from other sources such as coffee or soft drink 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 labour work can already be 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**](https://www.safetytalkideas.com/safetytalks/heat-stress/) may not be the best choice.

**Summary**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 labour jobs or in stressful work environments.**Discussion point:**  |