

Policy for the reasonable consumption of alcohol onboard

The consumption of even small amounts of alcohol may significantly affect the decision making and the behavior of the person. On board of a ship with its potential dangers, this may have disastrous consequences for all scientists and crew members. Therefore, some guidance is given here with respect to the consumption of alcohol.

The effects of alcohol

Alcohol is absorbed into the blood via the mucous membranes and it has a significant effect on the brain. Initially alcohol acts as a stimulant on certain parts of the brain, which can produce feelings of relaxation and cheerfulness, but further consumption of alcohol will depress the central nervous system like a sedative.

Already a relatively low alcohol content in the blood of 0.2 (0.2 millilitres of alcohol per 1000 millilitres of blood) affects a person's senses, which, in turn, will influence his or her behavior. The resistance to consume more alcohol decreases considerably. At the same time blurred vision and coordination problems as well as reduced concentration are likely to occur. The condition of drunkenness starts at a blood-alcohol-concentration of 1.0 (1/1000). The effected person is feeling him-self/herself cheerfully or depressively. Impairment of consciousness, memory and coordination starts at a blood-alcohol-concentration of 2.0.

Alcohol is slowly removed from the bloodstream (about 0.1/hr). If the person consumes a significant amount of alcohol in one evening, he or she must take into account that there may be a remainder of alcohol in the blood on the following morning. Therefore, the person's ability to work may be restricted on that day.

Measurements

It is advised to consume alcohol responsibly, which means in moderation for the person in question, and never while on duty. Nobody is allowed to be intoxicated and to expose oneself or any other person to danger.

That means the following:

- (1) The consumption of alcohol during working and standby times is not allowed.
- (2) After work alcohol must not be consumed in laboratories and working rooms.
- (3) It is not allowed to bring alcohol onboard, including in scientific containers, for example, due to customs restrictions.



(4) The Captain is allowed to restrict or to prohibit the purchase or consumption of alcohol by scientists. Specific instructions may be agreed with the Chief Scientist.

This topic will be addressed during the coordination meetings (voyage preparation) and during the safety introduction on board.

Chiefs Scientists are asked to draw the scientists' attention to these rules