

100%

Safety

TOOLBOX TALK

ENERGY DRINKS

Read the label. Do not replace rest.

Energy drinks can increase caffeine intake without fixing fatigue. Count caffeine from all sources and follow product warnings.

WHAT TO LOOK FOR //



Check the caffeine:

Read the amount per serving and the number of servings in the container.



Follow the label:

Do not exceed the product's stated daily serving limit.



Canadian limit:

Caffeinated energy drinks are limited to 180 mg of caffeine per serving.



Label cautions:

Not recommended under 14, when pregnant or breastfeeding, or if caffeine-sensitive.



Avoid alcohol:

Follow the product cautions and avoid using stimulants to mask impairment.



Manage fatigue:

Prioritize sleep, breaks, water and safe scheduling. Report unsafe fatigue.

**CAFFEINE IS
NOT A CONTROL**

If fatigue affects safe work or driving, stop and arrange a safe plan.



**LET'S
TALK**

- How much caffeine is in this container?
- What cautions apply to the product?
- What actually controls fatigue here?



Follow Health Canada guidance and the product label.

Source: Energy Drinks.



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