



Toolbox Talks

Energy Drinks: What's in Your Can?

Why It Matters on the Job Site

Construction work demands long hours, physical effort, and alertness. Many workers turn to energy drinks for a quick boost, but the high sugar and caffeine content can pose serious risks to your heart health, especially when consumed regularly.

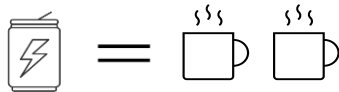
Ingredient Breakdown

Sugar Overload

- Energy drinks often contain **up to 50 grams of added sugar** per 16 oz can: 1 can is more than the American Heart Association's recommended DAILY limit of **36 grams for men and 25 grams for women**.
- Excess sugar intake is linked to:
 - High blood pressure
 - Heart disease
 - Type 2 diabetes
 - Weight gain and obesity

Just one extra sugary drink per day can increase your risk of heart disease by 18%

Caffeine Spike



- Typically, energy drinks contain between 54 and 328 mg of caffeine in a 16-ounce serving. One can could have as much caffeine as 2-3 cups of coffee.
- Caffeine may:
 - Raise blood pressure
 - Cause heart rhythm disturbances
 - Lead to dehydration – caffeine is a diuretic, and hot outdoor environments can exacerbate this effect

Real Talk for the Crew

- **Energy drinks may not be the best for hydration:** they can increase urination and may make you thirstier.
- **Too much sugar** may disrupt blood sugar balance, potentially leaving you feeling more tired and less focused.
- **Heart risks** may increase with excessive use of energy drinks, especially in high-stress, physically demanding jobs.

Smarter Swaps for Sustained Energy

- **Water:** Stay hydrated to maintain energy and focus. Add slices of cucumber, mint, or orange to water for flavor without sugar.
- **Plain sparkling water with citrus or berries:** Refreshing and fizzy without added sugars.
- **Unsweetened iced green tea or black tea:** Offers a gentle caffeine boost and antioxidants.
- **Healthy snacks:** Nuts, fruits, or whole grain snacks.
- **Breaks and movement:** Short walks or stretches can boost alertness.
- **Sleep:** Prioritize rest to reduce reliance on stimulants.



Takeaway

Energy drinks might seem like a quick fix, but the **sugar and caffeine combo** may put your **heart at risk**, especially in a physically demanding job like construction. Choose **hydration and nutrition** over stimulants to stay safe and sharp.

Crew Discussion

- What energy drinks are common on our site?
- Have you noticed any side effects like jitters, tiredness, or heart palpitations?
- Has anyone found a healthier drink option?