



# SAFETY & HEALTH

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*Published by*  
**Concrete Today**

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# NEED TO BE ALERT?

## *Energy drinks won't help*

So-called "energy drinks" do not fend off sleepiness, whether you've been out on the town or up with the kids all night.

A British study found that an hour after consuming a high-sugar, low-caffeine drink you will have slower reactions and experience more lapses in concentration than if you had simply downed a decaffeinated, sugar-free drink.

Researchers restricted 10 healthy adults to five hours of sleep the night before taking an attention test. Participants were given a light lunch, followed by an energy drink or a similarly tasting caffeine-free, sugar-free drink before the experiment. At first there was no difference in the two groups, but after an hour the energy drink group became significantly more drowsy, researchers said.



**Bottom line:** Sleep-deprived employees who consume energy drinks to stay alert at work may actually be more accident prone, putting their safety and that of their coworkers at risk.

*Source: Safety Currents Express*

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