



Safety Message of the Day for IMEA Members



Dangers of Energy Drinks Safety Message

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 Hazards

Overconsumption of caffeine and other energy-producing ingredients found in energy drinks such as taurine can lead to health issues. In a study published by the Substance Abuse and Mental Health Services Administration, emergency room visits due to energy drinks doubled from 10,000 visits in 2011 to over 30,000 visits in 2021. 58% of the visits resulted from energy drinks only and the other 42% were with a combination of another drug such as prescription pills or alcohol.

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 labor jobs or in stressful work environments.