

Risk taking behaviours

The impact on men's health



What is risk taking behaviour

It does not only refer to extreme or dangerous activities, but also to everyday decisions that increase the likelihood of physical or mental harm, including behaviours such as excessive alcohol consumption, ignoring physical symptoms, working under unsafe conditions, or continuing activities despite fatigue..

Risk taking behaviours in men

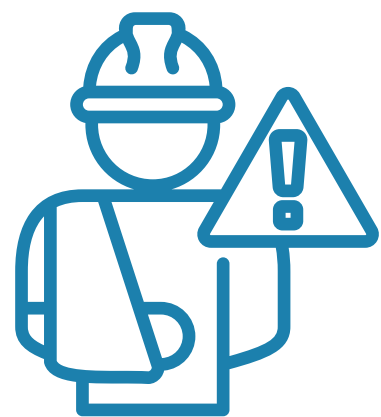
Accidents as a key dimension

One of the most visible and measurable consequences of risk-taking behaviour among men is the high number of accidents. These occur in three major areas: the workplace, leisure activities, and road traffic. Across all three areas, men are disproportionately affected.

Key Data

Workplace accidents in Europe

Men are significantly more affected than women. In the EU, around **2/3 of non-fatal workplace accidents involve men**, and in the case of fatal accidents, the proportion is even higher, **reaching over 90%** in some datasets.



Accidents in leisure time - drinking behaviour

According to a WHO report, men in Europe engage in heavy episodic/binge **drinking twice as often as women**. Moreover, the risk of becoming a hazardous drinker is **1.69 times higher for men** than for women



Road traffic accident in Europe

Road accidents are also one of the leading causes of death among adolescents and young adults. This makes them especially relevant for younger male populations, who are more likely to engage in high-risk driving behaviours. In the European region, road crashes cause approximately **120,000 deaths** and around **2.4 million injuries every year**.

