

# Substance Abuse in the WORKPLACE

## Basic Safety

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Substance Abuse Includes:

- ✓ Illegal drugs, such as methamphetamine and marijuana
- ✓ Legally prescribed drugs, such as pain relievers and cough syrups
- ✓ Over-the-counter drugs such as Nyquil
- ✓ Alcohol, which includes beer and wine

### DID YOU KNOW?

On average, 1 employee out of 25 abuses illegal drugs.

Follow Safe Work Practices

- ✓ Understand and follow your company's drug and alcohol policy.
- ✓ Never bring any illegal drugs to work or use drugs or alcohol while operating equipment or driving.
- ✓ Realize that even legally prescribed and over-the-counter drugs can cause problems at work and affect your work product.
- ✓ If you need to take legally prescribed drugs or over-the-counter drugs at work, report the use of those drugs to your Supervisor.
- ✓ Ask yourself, would you want to work next to the person who may be responsible for your safety while they are using drugs or intoxicated?

## Symptoms

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- ✓ The use of marijuana can affect your judgment and can slow down your reactions.
- ✓ The use of cocaine or methamphetamine can affect your judgment and speed up your heart rate.
- ✓ The use of heroin will slow you down.
- ✓ The use of methamphetamine makes you paranoid.
- ✓ The use of alcohol can affect your motor skills and judgment.
- ✓ Typically, drugs or alcohol will affect your central nervous system and alter the way you think and reason rationally.

## First Aid

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- ✓ If an employee overdoses at work, call 9-1-1 immediately and seek medical attention.
- ✓ Never let a fellow employee work that is thought to be under the influence of drugs or alcohol. Notify a supervisor immediately.
- ✓ Never let a fellow employee who is suspected of being under the influence of alcohol or drugs drive home.
- ✓ Never ingest vomiting or attempt to give the employee any liquids.
- ✓ The use of some drugs can trigger illnesses such as epilepsy.
- ✓ Some drugs like cocaine can immediately stop the heart.

