

**Alcohol And Illegal Drugs**

**In the high risk industry of construction like ours, alcohol and illegal drugs are not compatible.**

**Reason: Statistics show that alcohol and drug use are increasing on site. This leads to accidents. Make sure it doesn't happen on this site.**

**Alcohol:**

- Alcohol is a depressant drug, which depresses parts of the brain function. When working on site, you require all of your brain functions to save you from injury.
- If you're found to be intoxicated with drink, you won't be allowed on site. You may end up losing your job.
- Don't get drunk the night before and expect to work safely on site the next day. Alcohol takes time to work out of your system (1 pint of beer takes approximately 2 hours).
- 50% of all drivers killed are over the legal limit.
- If you drink, don't drive.
- Some workplace fatal accidents are alcohol-related.
- Keep your head clear – leave your drinking sessions to social events, where you can't cause injury to yourself or others.
- Get a bad reputation for drinking and you may not get another job, as you'll be seen as a liability.

**Drugs:**

- You are far more likely to have an accident on site when under the influence of drugs.
- You may feel you don't have a drug problem – it's got nothing to do with you. But if you get hurt, it's a bit late to wonder what the other person was on.
- If you know somebody is on drugs, tell your supervisor – help to stamp it out.
- Signs to look for: watery eyes, pinpoint or dilated pupils, running nose, constant sniffing, tight lips, sores, ulcers, trembling, fatigue and irritability. If you see it, report it.
- All drugs can affect your ability to work safely.
- Some effects of drugs: slow reaction times, clumsiness, poor decision-making and distorted vision.
- If you get offered drugs, say no, you'd rather work safely!
- Drugs and work don't mix. Don't let it become a problem.
- Legal drugs prescribed by your doctor, or over the counter at a pharmacy, could also make you unfit for work. Tell your doctor or pharmacist what you do and ask what the side effects are. If you think there may be an issue, tell your Supervisor.

**Questions:**

- 1 What effect can alcohol have on you?
- 2 What could be the result of being under the influence of alcohol on site?
- 3 What are the signs of somebody who is on drugs?
- 4 If you took drugs, what effect could it have on you and your workmates?
- 5 How long does a pint of beer take to get out of your system?
- 6 What would you do if you saw a person taking drugs?

Note to Supervisor: Now inform your workforce of the Company policy regarding alcohol and drug abuse.

Further Information:- CIP Manual, Section 0D