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Talk No: 7 Title: SUBSTANCE ABUSE

Introduction: Substance abuse includes alcohol and/or drugs. In a high risk industry such as ours, drink/drugs and work don't mix; both impact on brain function reducing levels of awareness and alertness, and slowing down reaction times.

Main points:

- If you are suspected of being under the influences of drink or drugs at work you will sent off site and face the possibility of disciplinary action.
- Ultimately you could lose your job, and a reputation of having a drink/drug problem could make finding other employment difficult.
- Those under the influence of drink or drugs are not only a risk to themselves but to every employee on site – do not let them put you at risk.

Discussion points:

- Don't get drunk the night before and expect to work safely on site the next day. Alcohol takes time to work its way out of the system. As a rough guide a single unit of alcohol (a single spirit or glass of wine, or ½ a pint of beer) will take one hour to leave your body.
- Be aware of the signs of drug use which include watery eyes, pin-point or dilated pupils, running nose, constant sniffing, tight lips, sores, ulcers, trembling, fatigue and irritability. If you see such signs then report it and help eliminate a serious risk ignore it and it could be you that gets hurt!
- Be aware of prescribed drugs as well as illegal drugs. Some prescribed drugs can cause drowsiness, etc – be responsible. If you are on prescribed drugs advise your site manager.
- Confine your drinking to social occasions where there is suitable recovery time, and if
 offered drugs just say "no!". As well as creating a risk in the workplace, drink and drug
 abuse will damage your body.

35% OF ALL FATAL ACCIDENTS ARE RELATED TO DRINK/DRUG ABUSE – DON'T BECOME A STATISTIC!					
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