



SAFETY ITEMS REQUIRED ON SITE:

- Personal Protective Equipment (PPE)
- First Aid Kit
- Material Safety Data Sheets (MSDS)
- Fall Protection Equipment
- Fire Extinguisher

DESCRIPTION: Substance Abuse

Company rules ban drug or alcohol use at work, or working under their influence. The Drug-Free Workplace Act also bans illegal drug use at firms with federal contracts.

- **DRUGS AND ALCOHOL CREATE MAJOR HEALTH HAZARDS.**
Alcohol: can damage the liver and heart. Abusers are often sick because they ignore good eating, sleeping, and other health habits. It's also addictive for some people.
Cocaine: is addictive, makes users go "up" so they don't eat or sleep, and can cause respiratory and nasal damage, seizures, loss of brain function, and even death.
Marijuana: harms the lungs and possible reproductive and brain functions.
Heroin: is highly addictive; users are prone to illness and malnutrition, with major risks of overdose and HIV and hepatitis infection from dirty needles.
Amphetamines: are addictive and may cause brain damage.
Sedatives: are addictive, with long-term risk of liver or kidney damage. They have the potential for overdose and can be deadly if combined with alcohol.
- **DRUGS AND ALCOHOL ARE MAJOR SAFETY HAZARDS TO USERS AND TO OTHERS.**
They impair judgement, coordination, reaction, concentration, and perception. No one should drive, operate equipment or be on job site during or after drinking or using drugs.

1. **LEARN TO RECOGNIZE SIGNS OF POSSIBLE ALCOHOL ABUSE.**
 - Missing work or being late after lunch.
 - Being argumentative, anxious, defensive, and/or blaming others for problems.
 - Letting responsibilities slide.
2. **LEARN TO RECOGNIZE SIGNS OF POSSIBLE DRUG ABUSE.**
 - Cocaine: Feeling almost superhuman, restlessness, poor concentration, paranoia, and big mood swings.
 - Marijuana: Physical mental slowdown, forgetfulness, and inability to judge space or distance.
 - Heroin: Slow, fuzzy actions and reactions. Loss of interest in life.
 - Hallucinogens (PCP, Ecstasy, Angel Dust, etc.): Bizarre, sometimes violent reactions and behavior.
 - Amphetamines (Speed, Meth, etc.): "Hyper" behavior, pushing beyond physical capacity.
 - Sedatives (downers, including codeine cough medicine): Slow mental and physical reflexes. Difficulty doing precise work.

- Inhalants: Slow mental and physical reflexes and dizziness.
3. IF YOU SUSPECT SOMEONE IS USING DRUGS OR ALCOHOL, CONTACT YOUR SUPERVISOR IMMEDIATELY
 4. Notify your Supervisor if you are taking Prescription Drugs.
-

SAFETY MEETING

Topic:

Safety Meeting Date: _____

Location: _____

Instructor: _____

Employees Signatures:

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

8. _____

9. _____

Other Safety Items Discussed:

Action(s) Taken:
