

## Alcohol and Drugs

**Overview** This talk will cover the effects of alcohol and drugs on your safety and that of others. In addition we also seek to assist anyone who may have a drinks or drugs problem

### Alcohol

- 1 In a high-risk industry like ours, alcohol and work are not compatible.
- 2 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.
- 3 If you're found to be intoxicated with drink, you won't be allowed on site. You may end up losing your job.
- 4 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).
- 5 50% of all drivers killed are over the legal limit.
- 6 If you drink, don't drive.
- 7 Some workplace fatal accidents are alcohol-related.
- 8 Keep your head clear – leave your drinking sessions to social events, where you can't cause injury to yourself or others.
- 9 Get a bad reputation for drinking and you may not get another job as you'll be seen as a liability.

### Drugs

- 1 You are far more likely to have an accident on site when you are under the influence of drugs.
- 2 Drugs prescribed by your doctor could make you unfit for work, as can illegal drugs.
- 3 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.
- 4 If you know somebody is on drugs, tell your supervisor – help to stamp it out.
- 5 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.
- 6 All drugs can affect your ability to work safely.
- 7 Some effects of drugs: slow reaction times, clumsiness, poor decision-making and distorted vision.
- 8 Don't take 'E's – 'E' stands for 'Ex-employee'.
- 9 If you get offered drugs, say no, you'd rather work safely!
- 10 Drugs and work don't mix. Don't let it become a problem.

**Note to supervisor:** Now inform your workforce of the company policy regarding alcohol and drug abuse.

**Do you have any questions for me?**



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**REMEMBER:**

Drugs and Alcohol have a serious effect on your capability to work safely and as such we have a zero tolerance in place. However as a company that places the welfare of our employees at the top of our key objectives we would be willing to assist any employee that has a drink and drugs problem or a personal issue that you feel you would need to talk about. You can approach our HR team in the strictest of confidence. "We are here to help"!!

**NOTE:** Failure to comply with safety instructions and RAMS may result in disciplinary actions

Serial	Name	Date of Toolbox Talk	Signature	Site

***By signing this register you are confirming that you attended the toolbox talk and understand the requirements for Alcohol and Drugs***