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Talk No. 7			Abuse
Start time		End	Duration

## 1. Introduction:

- 1.1 Substance abuse in the workplace. In a high risk industry such as ours, drink/drugs at work can have a significant impact on brain function reducing levels of awareness and slowing down reaction times.

## 2. Main Points:

- 2.1 If you are suspected of drink or drugs at work you will be sent off site and may face disciplinary action.
- 2.2 Ultimately you could lose your job. A reputation of having a drink/drug problem could make it difficult to find work elsewhere.
- 2.3 Those under the influence of drink or drugs are not only at risk to themselves but to every employee they come into contact with. They can also put you at risk.

## 3. Points to remember

- 3.1 Don't get drunk the night before work. Alcohol takes time to leave the system. As a rough guide a single unit of alcohol (e.g. a glass of wine) will leave the system in 1 hour. It is not safe to work safely on site the next day.
- 3.2 Be aware of the signs of drink or drugs. These include watery eyes, slurred speech, etc.
- 3.3 Be aware of prescribed drugs. Some prescribed drugs can cause drowsiness and affect your ability to work safely.
- 3.4 Confine your drinking to private time where there is suitable recovery time.

Notes

# S A M P L E

ATTENTION SHEET

Talk No. 7	Abuse
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All operatives listed and signed below Box Talk.

Date .....

NAME