

<b>Talk No:</b> 7	<b>Title:</b> SUBSTANCE ABUSE
<p><b>Introduction:</b> 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.</p>	
<p><b>Main points:</b></p> <ul style="list-style-type: none"> <li>– If you are suspected of being under the influence of drink or drugs at work you will sent off site and face the possibility of disciplinary action.</li> <li>– Ultimately you could lose your job, and a reputation of having a drink/drug problem could make finding other employment difficult.</li> <li>– 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.</li> </ul> <p><b>Discussion points:</b></p> <ul style="list-style-type: none"> <li>– 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.</li> <li>– 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!</li> <li>– 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.</li> <li>– 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.</li> </ul> <p style="text-align: center;"><b>35% OF ALL FATAL ACCIDENTS ARE RELATED TO DRINK/DRUG ABUSE – DON'T BECOME A STATISTIC!</b></p>	
<p><b>Notes:</b></p>	