

Talk No. 7 - Alcohol and Drugs

Reason for Talk

All persons on site have a legal responsibility to **NOT** come to work under the influence of any intoxicants.

Main Points

General

- ◆ Do not get drunk the night before coming to work and expect to work safely the next day – alcohol takes time to work its way out of your system – as a rough guide, allow one hour for every single unit of alcohol you drink (a unit equates to a glass of spirit / glass of wine or ½ pint of beer)
- ◆ Be aware of the signs of drug abuse in others, these could include watery eyes, pin point or dilated pupils, runny nose, constant sniffing, sores, ulcers, trembling or fatigue – if you see signs or you are concerned raise the matter with your supervisor – ignore it and it could be you that is injured or indeed killed.
- ◆ If you are prescribed drugs that affect how safe you can work – let your supervisor know.

On Site Safety

Presenter should outline the following;

- ◆ Alcohol and Drug policy
- ◆ Disciplinary Policy
- ◆ Awareness programmes

Questions

If you are currently under the care of a doctor establish if the prescribed medication could impair your ability to work safely.

MAIN POINT FROM THIS SESSION

**YOU MUST BE FIT FOR WORK
DRUGS & ALCOHOL CAN CAUSE FATALITES**



