

Substance abuse and work injuries

Introduction

Drugs and alcohol have detrimental effects on the body, and substance use increases the possibility of accidents in the workplace.

Substances that can impact you:

Alcohol:

Alcohol is a drug that depresses the central nervous system. With moderate drinking a person may experience:

- Dizziness
- Dulling of senses
- Impaired coordination
- Impaired reflexes
- Memory impairment
- Impaired judgment

When alcohol is consumed in larger quantities over a long period of time, death may occur due to depression of the parts of the brain that control breathing and heart rate. Alcohol in large amounts, or over a long period of time, may also cause damage to the liver, heart or pancreas.

Drugs:

Drugs, which include Marijuana, Cocaine, Crack Cocaine, Heroin, LSD (Lysergic Acid Diethylamide), PCP (Phencyclidine), and many others, can remain in the body for several months.

Drugs can cause:

- Decreased long- and short-term memory
- Decreased concentration
- Distorted senses
- Impaired perception of time and space
- Slowed reaction time
- Temporary blindness
- Hallucinations

Substance Abuse and Job Performance:

- Alcohol can affect job performance for up to 14 hours.
- The combination of alcohol and drugs multiplies their effects and increases the risk of injury and death.
- Drug and alcohol use increases the possibility of an on-the-job accident.

In conclusion:

Drugs including alcohol can impair your senses, reflexes, memory and judgment. By using drugs at work you're not only putting yourself at risk, but your coworkers as well. If you have a problem, tell someone who can help.