

# Alcohol and Drugs Have No Place in the Workplace

Consuming alcohol or drugs either before work or on the job is a good way to put yourself and those around you in a bad situation. Not only will you likely be fired if you're under the influence of alcohol or drugs, you can endanger others, create hazards or safety risks, and risk personal injury or death. Remember, you can feel sober or straight and still have enough alcohol or chemicals in your body to affect your job performance and put you and others at risk. Don't protect a coworker whose alcohol or drug abuse is causing safety hazards. You're not doing anyone a favor by ignoring the problem. Tell your supervisor.

## Results of Intoxication on the Job

- ✓ higher accident rates
- ✓ bad judgment
- ✓ poor problem-solving skills
- ✓ slowed reaction time
- ✓ carelessness
- ✓ lower productivity



- ✓ more errors
- ✓ frequent absences
- ✓ fatigue
- ✓ health problems
- ✓ forgetfulness

### Outside of Work

Substance abuse after work also can cause problems the next day by affecting your attention span, judgment and reflexes. It may also disturb your sleep rhythms so that you're not rested the next day.

DRUGS	EFFECTS
diet pills; cocaine	overreaction; false sense of ability; risky behavior; impatience; impulsiveness; nervousness
LSD; PCP; mescaline; ecstasy	unpredictable behavior; aggression; violence; visual and time distortion; impaired short-term memory; disorientation; delayed reaction time
alcohol; tranquilizers; barbiturates; antihistamines	drowsiness; reduced alertness; slow reaction time; poor coordination and motor skills
methadone; heroin; opium; morphine	impaired, blurred or double vision; slowed reaction time and impaired motor skills; difficulty concentrating; risky and unpredictable behavior
marijuana; hashish	impaired short-term memory and reaction time; impaired ability to make decisions and concentrate; poor visual and depth perception; distorted sense of time and distance