

## Tool Box Talk No.4 Drug and Alcohol



1. Alcohol is a depressant drug that affects parts of your brain. You need all your brain functions when working on site.
2. If you are found to be intoxicated you will not be allowed on site and may lose your job.
3. Alcohol takes time to work out of your system (1 pint of beer takes 2 hours). Heavy drinking the night before may mean you are still under the effects the next day.
4. 50% of all drivers killed are over the limit.
5. If you know someone who is drunk or on drugs, tell your supervisor - you may save their life and yours.
6. Drugs and alcohol will affect your ability to work safely.
7. If you are offered drugs, say no. Work safely.
8. Drugs, alcohol and work do not mix - do not let it become a problem.
9. Drugs cause the following:
  - Slow reaction times.
  - Clumsiness.
  - Poor decision-making.
  - Distorted vision.
10. You are far more likely to have an accident on site when under the influence of drugs or alcohol.
11. Random testing for drugs and alcohol is carried out.

**“SAFE SYSTEM OF WORK, ALWAYS”**