

## TOOLBOX TALK #8

## Alcohol & Drugs on Site

**Prepare:** Quiet location? No distractions? Talk aids ready?

**Reason:** Statistics show that alcohol and drug abuse are increasing on site. This leads to accidents.

**Why:** Make sure it doesn't happen on this site.

**Outline:** This talk will cover the effects of alcohol and drugs on your safety and others.



## Alcohol

- In high-risk industry like ours, alcohol and work are not compatible.
- Alcohol is a depressant drug which depresses parts of the brain function. When working on site you require all of your brain functions to save you from injury.
- If you are found to be intoxicated with drink you will not be allowed onsite. You may end up losing your job.
- Do not get drunk the night before and expect to work safely on site the next day. Alcohol takes time to work out of your system (one pint of beer takes approximately two hours)

## NOTES

**Q: What effect can alcohol have on you?**

- 50% of all drivers killed are over the legal limit.
- If you drink, don't drive.
- Some workplace fatal accidents are alcohol related.
- Keep your head clear – leave your drinking sessions to social events where you can't cause injury to yourself or others.
- Get a bad reputation for drinking and you may not get another job as you will be seen as a liability.

**Q: What could be the result of being under the influence of alcohol onsite?**

**For more information**

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vitalgrp.co.uk

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## Drugs

- You are far more likely to have an accident onsite when under the influence of drugs.
- You may feel you don't have a drug problem – it has got nothing to do with you. But if you get hurt it's a bit late to wonder what the other person was on.
- If you know somebody is on drugs tell your supervisor – help to stamp it out.
- Signs to look for: watery eyes, pinpoint or dilated pupils, running nose, contact sniffing, tight lips, sores, ulcers, trembling, fatigue and irritability. If you see it, report it.

**Q: What are the signs of somebody who is on drugs?**

- All drugs can affect your ability to work safely.
- Some effects of drugs are slow reaction times, clumsiness, poor decision making and distorted vision.
- Do not take 'E's – 'E' stands for ex-employee
- If you get offered drugs, say no, you would rather work safely!
- Drugs and work do not mix. Do not let it become a problem.

**Q: If you took drugs, what effect could it have on you and your workmates?**

**Do you have any questions for me?**

## Questions for you

**Q:** How long does a pint take to get out of your system?

**Q:** What would you do if you saw a person taking drugs?

**Help is available:** If you think you have a problem with drugs or alcohol help is available. We'd rather see you clean and sober than unemployed. Talk to your supervisor.

## NOTES

[illegible]

**Sources** <https://www.talktofrank.com/get-help/find-support-near-you> <https://www.turning-point.co.uk/services/drug-and-alcohol-support.html>  
<https://www.changegrowlive.org/advice-info/alcohol-drugs>

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