Toolbox KITS

DRUGS AND ALCOHOL AWARENESS TRAINING

Drugs and alcohol awareness training

Impairment, medicines, hangovers, company policy, speaking up and getting help

About 45 minutes, with a 10-question quiz

38 slides | About 45 minutes | 10-question quiz | English + Spanish



SAMPLE

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MODULE 1

The hazard: what impairment does on the job

- [ ] Impairment means your body or mind is not working at its normal level.
- [ ] Alcohol, marijuana, illegal drugs and some medicines can all cause it.
- [ ] It slows reactions, clouds judgment and throws off balance and coordination.
- [ ] It can make people take chances they normally would not.
- [ ] Around heights, traffic, power tools and heavy equipment, one slow reaction can hurt you or the crew.
- [ ] Impairment also affects judgment, so you may not notice it in yourself.

SAMPLE

Toolbox KITS

Crew handout

Drugs and alcohol at work: crew handout

29 CFR 1926.21, 1926.900, 1926.50

Do

- Show up clear-headed and fit for duty
- Read every medicine label, and ask a pharmacist if it is safe to work
- Tell your supervisor before a hazardous task if a medicine could affect you
- Know your company's drug and alcohol policy and where to get a copy
- Keep an impaired coworker off equipment, heights and the road if you safely can, and tell a supervisor
- Call 911 for a suspected overdose or medical emergency
- Save your EAP number and SAMHSA's National Helpline: 1-800-662-4357

Don't

- Don't work, drive or run equipment after drinking or using drugs
- Don't count on coffee, a shower or an energy drink to sober you up
- Don't take someone else's prescription
- Don't diagnose, accuse or confront a coworker yourself
- Don't touch a needle or syringe you find on site
- Don't cover for a coworker who is not fit for duty

SAMPLE

Remember **If you or a coworker is not fit for duty, say so before the work starts. Free, confidential help is available.**