



Safety Tip of the Week

Substance Abuse Prevention

Substance abuse directly impacts workplace safety, reaction times, and overall team performance. Whether on a construction site, in an office, or operating heavy machinery, being fully fit for duty is a requirement for every employee. Substance use doesn't just affect the individual—it jeopardizes the safety of everyone.



Alcohol and Hangovers

Many employees believe that if they are not drinking on the day they work, they are safe to perform work duties. However, hangovers pose a significant threat to workplace safety. Hangovers cause fatigue, headaches, nausea, and decreased cognitive function. Sluggish reflexes and a lack of focus can lead to critical errors, dropped tools, or misjudged distances.

Cannabis Realities

The after-effects of cannabis can linger long after the initial high wears off. While laws surrounding medical and recreational marijuana have changed, **safety rules and impairment policies remain strictly in place**. Regardless of legality, being under the influence or experiencing the lingering effects of cannabis while at work is a direct safety violation.

The Long-Term Toll of Drug and Alcohol Use

Chronic substance abuse causes deep, lasting damage that extends far beyond a single shift. Over time, consistent drug and alcohol misuse leads to severe personal and professional consequences that include mental and physical health decline and professional fallout.

Protect Your Health and Safety

All employees should take proactive steps to maintain their health and protect their livelihoods. Prioritize regular exercise, balanced nutrition, and adequate sleep to manage daily stress naturally. If you notice changes in a coworker's behavior, performance, or safety habits, report it to a supervisor immediately--they could not only endanger themselves, but others, as well.

DON'T WORK UNDER THE INFLUENCE...SEEK HELP FOR DRUGS AND ALCOHOL!