



## Legal and Illegal Drugs have no place at Work

**Alcohol** is a legal drug, but its effects can be dangerous, especially at the workplace.

Alcohol is actually a bigger problem than other drugs in most companies. But there is one big difference: Alcohol is legal; drugs like crack/cocaine, marijuana, and heroin are not.

That doesn't mean drinking is tolerated. Companies normally prohibit drinking on the job, and most have written policies and disciplinary procedures in place. When a company believes that alcohol is causing a worker to perform poorly or unsafely, it takes corrective action.

As with drugs, this action may include an offer of help. If you need a drink or take drugs to get through the day, you have a problem. Many employers recognize that. And they will do what they can to help you overcome it.

The Drug-Free Workplace Act dictates that a workplace must be totally free of illegal drug use.

### **Marijuana (Pot, Grass, Weed)**

Workplace dangers include:

- *Slowed* physical reflexes
- *Diminished* mental powers
- *Forgetfulness*
- *Impaired* space and distance judgment, especially dangerous if operating machinery or driving. The effect can go on for 4 to 6 hours after smoking just one "joint." And it's worse if you also used alcohol.

### **Hallucinogens (PCP, LSD, Ecstasy [MDMA], Designer Drugs)**

Workplace dangers include:

- *Vastly distorting* what's seen and heard, so that dangerous situations may be caused or overlooked
- *Sudden*, bizarre changes in behavior that can include attacks on others
- *"Rebound"* effects such as loss of concentration and memory or behavior problems even after the dose has worn off.

### **Cocaine (Coke, Snow, Freebase, Crack, Rock, etc.)**

Workplace dangers include:

- A temporary feeling of almost *super-human power*, impairing judgment and decision-making ability.
- *Emotional* problems, mood swings, lack of dependability.
- *Workplace crime*. Cocaine is expensive, and addicts typically steal to cover the cost of the drugs.