



CLEVELAND INTEGRITY SERVICES, INC.

Monthly Safety Newsletter

January 1, 2016

Substance Abuse

Because the nature of construction work involves more potential hazards than most other occupations, substance abuse on the jobsite takes what is already a risky situation and makes it downright dangerous. You need a high level of training, skill, concentration, and safety awareness to do your job safely. There is no room for unsafe behavior. Your life, and often the lives of your co-workers can be tragically affected if you use alcohol, drugs, or even prescription drugs on the jobsite.

More than 65% of all workplace injuries are related to on-the-job drug or alcohol use. According to the U.S. Department of Health and Human Services, 15% of construction workers (about 1 out of every 7) have used illicit drugs in the last 30 days. The construction industry has the second highest percentage of illicit drug users.

Substance abuse increases the number of accidents on the job since the use of alcohol and other drugs reduces a person's normal reaction time. As long as the drug remains in the bloodstream, the person is impaired, even if they do not engage in drug use on the job. Users of alcohol and drugs often ignore good health habits. Ingesting, inhaling, or injecting drugs increases disease, illness, and death. When one's whole existence is centered on alcohol or drugs, this dependence takes away personal freedom. In many real ways, the chemicals are in control. Many users don't think they are harming anyone, but themselves. However their impaired judgement hurts everyone involved. If you suspect that someone on your jobsite may be under the influence report it to your supervisor. You may actually save their life or another coworkers.

Some people come by their substance abuse honestly. For example, if you are in chronic pain you are more likely to become addicted to pain killers. No matter where your dependency came from, if you have a substance abuse problem, there is help. Reach out to a friend, talk to a co-worker, have a heart-to-heart discussion with your family, your physician, someone at church, or pick up the phone and call for help. Many services are often available at little or no cost.

Contact your doctor, the nearest drug treatment center, or mental health facility to find more resources, information, or guidance. You can search for them in the Yellow Pages or on the internet. There are also several national assistance groups that can help including: Alcoholics Anonymous, Partnership for a Drug-Free America, Al-Anon Family Group, Narcotics Anonymous, and the National Institute on Drug Abuse.

Questions for Discussion

Can you list some of the signs that show a person may be impaired?

Please list one or more near misses that has been addressed on your current project. What steps were set in place to prevent the potential near miss or incident from happening again?

In the past month have you authorized payment to a contractor for work performed? Please give an example. _____

In the past month have you rejected any work performed by a contractor based on your judgment of the work quality? Please give an example.

Name: _____

Signature: _____

Job Title: _____

Date: _____