



# **15 Minute Safety Presentation**

## **Drugs and Alcohol**

## 15 MINUTE SAFETY PRESENTATION – DRUGS AND ALCOHOL

### INTRODUCTION

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Drugs and alcohol have become an increasing burden on society, people of all walks of life indulge in the use of them and sometimes act and work under the influence of them.

The use and effects of drugs and alcohol often impacts on the workplace, as people can still find themselves under the influence during working hours. Many companies have been required to develop drug and alcohol policies in order to assist in the management of this potentially dangerous scenario.

### LEARNING OUTCOMES

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By the end of this presentation you will understand:

- What the types of drugs and alcohol will do to your body;
- the residual rates of these substances in relation to the human body;
- the effect of combining substances; and
- the structure of a typical Drug and Alcohol Policy.

We will discuss closely the following substances:

- alcohol;
- cannabis;
- amphetamines;
- heroin; and
- prescription drugs that may effect performance in the workplace.

### LET'S TALK ABOUT ALCOHOL

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Alcohol is the most widely used drug in the world. It's considered to be a drug because it changes the way we think and feel.

Alcohol acts as a depressant and slows down the brain and in turn, the nervous system.

### WHAT EFFECT DOES ALCOHOL HAVE ON US?

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In **small** amounts alcohol makes you feel:

- relaxed; and
- less inhibited.

In **larger** amounts the use of alcohol can result in:

- clumsiness;
- slower reflexes;
- difficulty in focusing the eyes;
- slurred speech; and
- impaired judgment.

Drinking heavily over a short period of time can result in:

- nausea;
- vomiting and dizziness;
- accidents; and
- alcohol poisoning.

Despite these effects we all know we can drink alcohol at low-risk levels.

The levels we'll discuss are however, are only a guideline as many factors can influence the body's reactions to alcohol including, age, weight and gender.