

# FIT FOR WORK – IMPAIRMENT FROM ALCOHOL AND/OR DRUGS

The effects of using drugs or alcohol can impair your ability to function normally.

Substance use can impact your behaviour and cognitive functions such as how you think, behave or perform tasks which can lead to workplace incidents.

## WHAT TO KNOW ABOUT IMPAIRMENT:

- BEHAVIOR AND COGNITIVE FUNCTIONS
- CAUSES AND EFFECTS
- WORKER RESPONSIBILITIES



**BC Forest Safety**

# IMPAIRMENT FROM ALCOHOL AND/OR DRUGS



## BEHAVIOR AND COGNITIVE FUNCTIONS

Impairment can affect various aspects of a person's behavior and cognitive functions.

- Thinking, decision-making and reaction times
- Speech and ability to communicate clearly
- Awareness of one's surroundings
- Spatial awareness
- Focus and attention span
- Emotional stability and mood control
- Relationship challenges

## IMPAIRMENT CAUSES AND EFFECTS

Different medications and substances can affect your ability to think and move.

- Over-the-counter medications like antihistamines and cold remedies can cause drowsiness, dizziness and impair coordination, increasing the risk of accidents.
- Prescription drugs such as opioids, sedatives and certain types of antidepressants can affect judgment, concentration and motor skills.
- Alcohol, cannabis and illegal drugs can impair cognitive and motor functions, leading to poor decision-making and a higher risk of workplace accidents.

## WORKER RESPONSIBILITIES

- Know and follow your company's drug and alcohol policy. If anything is unclear, don't hesitate to ask.
- Never come to work under the influence.
- Always be ready to perform your duties safely.
- If you notice a coworker who seems impaired, or see someone using drugs or alcohol at work, report it to your supervisor immediately. Your co-worker's safety and the safety of others depend on it.
- If you or someone you know is struggling with substance abuse, seek help. Many companies offer Employee Assistance Programs (EAPs) that provide support and resources.

### **REMEMBER:**

**Creating and maintaining a safe, healthy, and productive work environment relies on your active participation.**

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