



PREVENT PRESCRIPTION DRUG ABUSE CHECKLIST

Remember

In addition to the risk of overdose, over-the-counter, prescription medications and illicit drugs can affect a person's ability to safely drive a motor vehicle or operate machinery. Identify the risks and promote the prevention and treatment of prescription overdose to keep your employees and workplace safe.

Overdoses of prescription medicine are on the rise. Most fatal unintentional overdoses result from pain relief medications also known as opioid analgesics. Opioids include: oxycodone, methadone, hydrocodone and fentanyl.

You can do your part to prevent unintentional drug overdoses:

- Use medications only as directed by your physician
- Only use the recommended dosage prescribed by your physician
- Keep medications in their original containers
- Don't share prescribed medications
- Properly dispose of any unused or expired medications
- Talk with your physician or pharmacist for possible drug interactions
- Store medications up and away from children and pets
- Never mix opioids with alcohol or benzodiazepines (medication that helps relieve anxiety)
- Keep a record of the medications and supplements you are currently taking, including over-the-counter
- If you suspect a co-worker is struggling with prescription drug abuse, discuss the concern with Human Resources or your Employee Assistance Program
- Seek treatment if you believe you have a substance abuse problem

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