



CELEBRATING
100 YEARS
OF SAFETY

Remember
About 2.3 million emergency room visits were made in 2010 because of reactions to drugs. Narcotic pain relievers, also known as opioids, accounted for over 400,000 of these visits.

(SAMHSA, 2012).

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Safety starts with me

Employee Wellness: Drug Free Workplace

Alcohol and drug abuse by employees cause many expensive problems for business and industry ranging from lost productivity, injuries and an increase the health insurance claims. The prescription drugs most often abused include painkillers, sedatives, anti-anxiety medications and stimulants.

Abuse of alcohol and other drugs not only impacts performance at work, it also affects people emotionally, behaviorally and physically. Notify your supervisor immediately if you suspect someone may have an addiction problem.

Performance Effects:

- Inconsistent quality of work
- Lowered productivity
- Increased absenteeism
- Careless mistakes
- Errors in judgment
- Taking unnecessary risks
- Disregard for safety
- Long lunch periods and early departures

Emotional Effects:

- Aggression
- Burnout
- Anxiety
- Depression
- Paranoia
- Denial

Behavioral Effects:

- Slow reaction time
- Impaired coordination
- Slowed or slurred speech
- Irritability
- Excessive talking
- Inability to sit still
- Limited attention span
- Poor motivation and lack of energy

Physical Effects:

- Weight loss
- Sweating
- Chills
- Smell of alcohol

Seeking Help

What Employee Assistance Program (EAP) services are available

- An EAP can help employees decide what to do if they have a problem with alcohol or other drugs
- An EAP also can help an employee decide what to do if someone in his/her family or workgroup has a problem
- Conversations with an EAP are confidential

If EAP services are not available, help may be available from:

- Community hotlines
- Self-help groups such as Alcoholics Anonymous, Narcotics Anonymous, etc.
- Community mental health centers
- Private therapists or counselors
- Addiction treatment centers

