



SAFETY INCENTIVE PROGRAM
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January, 2004

SIP-TIP: WORKING UNDER THE INFLUENCE OF ALCOHOL OR DRUGS

Working while under the influence of alcohol or drugs temporarily changes people, both mentally and physically. Frequently the effects of the changes cause individuals to make decisions or do things that they wouldn't otherwise do. These individuals are much more likely to be involved in a job site accident.



Remember that being under the influence includes illegal drugs, alcohol, some prescription drugs and some non-prescription drugs. Mental and physical changes that take place while still under the influence are as follows.

It changes the way you ordinarily think.

It becomes very difficult to concentrate on what you are doing.

Your mind loses its ability to make good judgements.

Your reflexes are slowed.

You lose depth perception.

It changes sleep patterns so you are unlikely to get the sleep you need.

Remember that you can still be under the influence for many hours after taking a substance, especially after partying heavily the night before.

How long you are impaired depends on what you are using, the amount you use, your body weight and what other substances you have in your body. For example, some over-the-counter drugs, when mixed with alcohol, can cause severe impairment.

Now that you know the effects of drugs and alcohol on the mind and body, would you want to be performing a hazardous task with co-workers who are still under the influence? Neither would they.



REMEMBER: TO HAVE A CAREER IN CONSTRUCTION, ONE MUST BE BOTH PHYSICALLY AND MENTALLY FIT.