

Know the Dangers of Substance Abuse

Editor's note: Our Tailgate Training Tip Sheets are [available in Spanish at www.gemplers.com](http://www.gemplers.com).

KEY POINTS:

- Substance abuse can result in serious health problems – or even death.
- Help is available for people with substance abuse problems.
- Our substance abuse policy includes not allowing the use of alcohol or other drugs at work or during breaks.

Note to trainer: Follow this script or use it to help guide you through a 10- to 15-minute tailgate training session for your ag/hort workers. You may photocopy this sheet for your employees' personal use. However, it may not be published or sold.

How substance abuse can hurt you

- Substance abuse – or the abuse of alcohol or other drugs – can result in serious problems, both at work and at home.
- Among those problems are:
 - impaired judgment, and the inability to follow safety instructions, both of which may result in accidents or injuries
 - reduced concentration, leading to poor job performance
 - loss of coordination, resulting in falls or other injuries
 - health problems, ranging from such short-term effects as headaches to long-term, severe health problems or even death
- Substance abuse often leads to family problems, including divorce, and could even cause you to lose your job.
- It can also lead to arguments with co-workers or supervisors, illegal activities such as theft to support a drug habit, or other violent behaviors.
- If you suspect that anyone here may have a substance abuse problem, there are resources in the community that you can call for help.

Note to trainer: Give trainees information on these resources. If you need more information, call the National Clearinghouse for Alcohol and Drug Information at 800/729-6686.

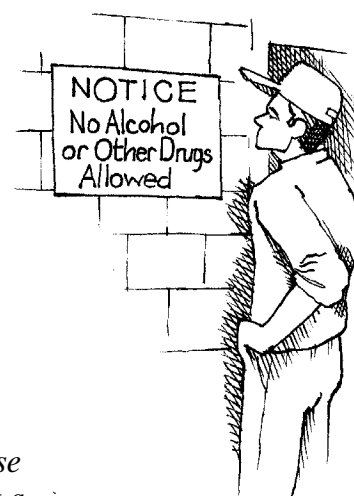
Our policy on substance abuse

1. We don't allow the use of alcohol or other drugs at work, while on work assignments or during breaks.
2. We don't allow employees to come to work under the influence of alcohol or other drugs.
3. We prohibit the manufacture, sale or distribution of illegal drugs anywhere on our property.
4. We don't allow alcohol or other drugs to be stored on our property – including in lockers or personal cars or trucks.

Note to trainer: Talk with trainees about the consequences of violating these policies. Also tell trainees who they can talk to within your operation about a substance abuse problem.



Substance abuse may result in a loss of coordination and falls.



(Continued on back)

See our [full line of safety supplies](#), including respirators, eye and ear protection, coveralls, first aid and more.

Know the Dangers of Substance Abuse

Know the warning signs

- Anyone can have a substance abuse problem – a co-worker, supervisor, manager, vendor, customer, spouse, child or friend.
- Substance abuse can be treated. One of the major problems, though, is that substance abusers often deny they have a problem. This results in a delay in getting help – or not getting help at all.
- Here are some signs that may indicate you or a co-worker has a substance abuse problem:
 - frequently missing work or other appointments
 - noticeable changes in job performance
 - drinking alcohol in the morning
 - feeling you need to take a drink or other drugs just to get through the day
 - regularly being late for work or leaving early
 - being short of money because it has been spent on alcohol or other drugs
 - needing more alcohol or other drugs than you did in the past in order to feel OK
 - not caring about your appearance or cleanliness
 - suddenly being very moody or short-tempered



Substance abusers often find themselves short of money.

What to do

- Professional help is available to people with substance abuse problems.
- Help is also available through such support groups as Alcoholics Anonymous. Check the Yellow Pages of the telephone book under “Alcoholism” or “Drug Abuse.”
- It’s important to talk to your supervisor or another manager if you suspect you or someone else at work has a substance abuse problem. Getting help could save that person’s life.



Are there any questions?

Note to trainer: Take time to answer trainees’ questions. Then review the Substance Abuse Do’s and Don’ts.

SUBSTANCE ABUSE DO’S AND DON’TS

DO:

- Be honest with yourself if you think you may have a substance abuse problem.
- Become familiar with the warning signs of possible substance abuse.
- Seek help if you think you or a co-worker may have a substance abuse problem.

DON’T:

- Drink alcohol or use illegal drugs on the job, while on a work assignment, or during a work break.
- Come to work drunk or under the influence of drugs.
- Hesitate to contact resources in the community about a possible substance abuse problem.

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