

HOW DO DRUGS AND ALCOHOL AFFECT THE WORKPLACE?

THE USE OF DRUGS AND ALCOHOL, EVEN IF CONSUMED OUTSIDE WORK HOURS, CAN LEAD TO RISK OF IMPAIRMENT WHILE AT WORK.

Poor concentration, carelessness, fatigue, risk-taking behaviour and errors in judgement can occur. Misuse of drugs and alcohol not only affects work performance, but also results in higher rates of injuries, fatalities, and absenteeism.



Sometimes it's difficult to tell whether someone's impairment is a result of using drugs. Some people don't show any outward signs of being under the influence.



Psychosocial

Mood fluctuations, inappropriate verbal or emotional responses, irritability, confusion, memory lapses, isolation, lack of focus, lying.



Physical

Poor appearance/hygiene, sweating, headaches, tremors, restlessness, slurred speech, unsteady.

NOTICE THE SIGNS



Performance

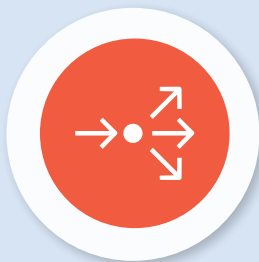
Calling in sick frequently or working more overtime, arriving late/leaving early, extended breaks, errors in judgment, deterioration in performance, non-compliance with policies, changes in quality of work.



The risks from drug or alcohol use can cause physical and behavioural changes that affect people's ability to work safely. Such changes can include the following:



Impaired judgment, thinking, and decision making



Decreased motor coordination, reaction time, and sensory perception



Psychological or stress-related effects, such as mood swings or personality changes

FACTS

By the age of 21,

80%

of New Zealanders have tried cannabis at least once. (Dunedin and Christchurch Longitudinal Studies).

In 2016 driver alcohol/drugs were a contributing factor in

(Ministry of Transport Alcohol and Drugs 2017)

80 fatal traffic crashes

144 serious injury crashes

AND 479 minor injury crashes

These crashes resulted in **89** deaths, **189** serious injuries and **674** minor injuries

Nationwide wastewater tests found

16 kg

a week of meth use across

80%

of the population

<https://www.police.govt.nz/news/release/first-release-national-wastewater-testing-results>

64%

of failed drug tests in New Zealand are

due to cannabis use

(Tauranga Drug Detection Agency)

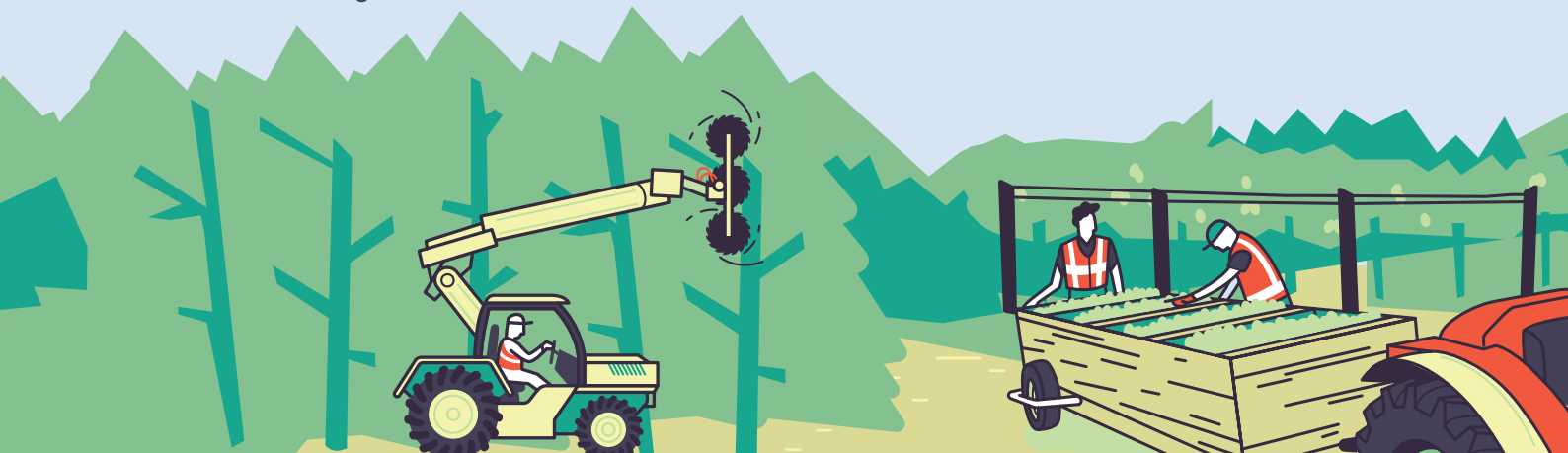
DRUGS IN OUR SYSTEM

Drug	Stays in the system for:
Cannabis	2-30 days
Cocaine	2-5 days
Ecstasy	2-6 days
Meth	2-6 days
Opiates (Heroin, Codeine, Morphine)	2-5 days
Synthetic Cannabis	Up to 72 hours
Benzodiazepines (Valium, Xanax)	2-14 days
Amphetamines (Adderall, Ritalin)	2-6 days
Alcohol	24 hours



It is a requirement under the Health & Safety at Work Act to provide an Alcohol & Drug Policy.

More information can be found at <https://www.employment.govt.nz/workplace-policies/tests-and-checks/drugs-alcohol-and-work/>



For advice and where to get help visit: <https://www.police.govt.nz/advice/drugs-and-alcohol/drugs-and-alcohol-getting-help>



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