



## What?

- Alcohol is a relaxant and in moderation, can reduce feelings of anxiety and inhibitions, making you feel more sociable
- Alcohol is seen by many as a more socially acceptable drug, but that's not to say it's any less powerful than other drugs
- Alcohol is blamed for contributing to all kinds of problems in Britain, from violent crime to domestic violence and to car-related deaths



## Why?

- Long-term excessive use of alcohol causes illnesses such as liver damage, stomach cancer and heart disease
- Alcohol is a contributory factor in 20 – 25% of industrial injuries and 60% of fatal accidents
- Drug use can cause gradual decline in physical, mental and behavioral responses, resulting in paranoia, depression, dependence and loss of confidence
- Drugs and alcohol increase the risk of an accident, lower productivity, and can cost you your job; they can cost you your life

## Do



- ✓ Drink sensibly - alcohol is a depressant
- ✓ Know the recommended limits
- ✓ Follow the instructions issued with the medication
- ✓ Only take prescribed medication according to directions
- ✓ Keep medication in a safe place when at work
- ✓ Cooperate with mandatory drink or drug controls
- ✓ Let your supervisor know if you have been prescribed medication that may effect your work

## Don't



- ✗ Drink before or during working hours
- ✗ Drink and drive
- ✗ Mix drink and prescription medication
- ✗ Use drugs
- ✗ Pass on or sell drugs

