

# Alcohol and Other Drugs Spell Trouble On and Off the Job

You already know that using alcohol and other drugs on the job affects your ability to successfully and safely do your job. Not only do you risk personal injury or death, you endanger others, do shoddy work and will likely be fired if your supervisor finds out that you're under the influence of alcohol or drugs.

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What you may not know is that alcohol and other drugs when used off the job can also cause the same serious consequences.

Drinking alcohol or using drugs after work can leave you impaired the next day by

causing tiredness, shakiness, forgetfulness, carelessness, dehydration, irritability, headaches and sensitivity to noise and light. Drug or alcohol use the night before, can affect your attention span, judgment and reflexes. It can disturb your sleep rhythms so that

you are not rested the following day. How would you like to work on a scaffold that was put up by someone with bad judgment and a short attention span?

If you suspect that someone at work is being affected by alcohol or other drugs, you're not doing anyone a favor by ignoring the problem. Let your supervisor know.

Remember, you can feel sober or straight and still have enough alcohol or chemicals in your body to affect your job performance and put you and others at risk.