

WEEKLY SAFETY MEETING

FOR THE CONSTRUCTION INDUSTRY

SAFETY MEETING OUTLINES

Box 700, Frankfort, IL 60423

815-464-0200

No. 39

Vol. 21

Week of 9/25/2023

Company Name _____ Job Name _____ Date _____

DRUGS & ALCOHOL

Only 5% of the world's population resides in the U.S., but Americans consume more than 60% of the world's illicit drugs. Greater than 65% of all workplace injuries are related to on-the-job drug or alcohol use. A substance abusing employee files five times as many workers' compensation claims than the average employee that doesn't use illicit drugs or alcohol on the job. The U.S. Government estimates that \$10,000 per claimant is paid out in workers' compensation dollars. Let's not forget about prescription drugs; millions of Americans are addicted to them.

Accident rates in the construction industry are high. To avoid injury or death you must stay alert, but you can't be alert and responsive if you're on drugs or alcohol. Do you know what drug has the highest abuse rate in the United States? It isn't crack or heroin, or even marijuana. It's alcohol! An estimated 15.1 million Americans currently abuse alcohol — don't be one of them. Alcohol does **not** increase physical or mental skills; it **does** increase confidence and decrease judgment. It gives you a false sense of security, making you feel perfectly normal, when in fact your vision, hearing, depth perception, reaction time, and sense of speed are severely distorted. In addition, the effect on your health over the long term can be devastating, if not fatal.

Marijuana is often considered a low-risk, or entry level drug; but it is still very dangerous. More than 5 million Americans use marijuana regularly. It contains over 400 chemicals — the one that produces the high is called THC. In recent years the percentage of THC has greatly increased due to modern cultivation, making this drug much stronger and more dangerous than ever before. A recent study of long term marijuana users revealed that brain shrinkage had occurred in everyone tested. On a construction site, high employees lead to high injury rates.

Alcohol and drugs have no place on a construction site. They lead to decreased quality and reduced efficiency and productivity. Avoiding accidents is tough enough when your head is on straight. If you have a substance abuse problem, or have a friend that does, get help. Your employer may have a program in place to assist you, or call the Substance Abuse Hotline at 1-800-662-HELP. You can make the difference, in your own life or the life of a friend. Don't jeopardize your own safety, or that of others, by abusing alcohol or drugs before, during, or after working hours.

School is back in session.

SAFETY REMINDER

**Watch out for children boarding and exiting school buses,
and for those walking to and from school.**

Special Topics For Your Project _____

Employee Safety Recommendations _____

Reviewed MSDS # _____ Subject _____

Meeting Attended By _____

Supervisor's Signature _____

These instructions do not supersede local, state, or federal regulations.