

Keep Drugs & Alcohol Out of The Workplace

Drug use and alcohol consumption are usually considered personal issues; that is until they start to affect safety and worker performance. Abuse of drugs and alcohol cost employers through high absenteeism and sick pay. If a worker is fired or cannot function on the job, the company loses the services of an experienced worker. As well employees hurt themselves and their families if they lose their job as a result of their actions. Those under the influence of drugs or alcohol may cause friction or hostility in the work group, lower morale and work efficiency, use poor judgment that results in bad decisions, and give the company a poor public image.

Individuals should be aware of their alcohol and drug consumption during certain times of the year, especially during the winter when the days are dark and dreary; people may experience symptoms of depression or seasonal affected disorder (SAD). They may turn to drugs and alcohol wrongly thinking it will alleviate the symptoms of the disorder.

The holiday season can be a hectic time of the year with increased social gatherings and financial pressure leading some people to rely on drugs and alcohol to help them deal with the anxiety that the holiday season can bring.

Those who over consumed alcohol or drugs the day before are hung over and may feel out of sorts and have difficulty recovering. As well, they may not give their full attention to the safety aspect of their work. Judgment and safety performance can become impaired and result in an increased likelihood of an injury occurring to themselves or others.

People who suffer from personal or health problems may also resort to drugs and alcohol as a relief, even some prescription medication can interfere with job performance; hampering clear thinking and causing distraction. Irresponsible consumption of drugs and alcohol not only jeopardizes the safety and health of the workers and coworkers but it can also affect the employer's business and impact the future of all families involved. θ