
AGRICULTURAL SAFETY TOPICS

SUBSTANCE ABUSE & ACCIDENTS

Objective:

To know the effects of alcohol and drugs on the body and be aware of the on-the-job problems substance abuse can cause.

Background:

Drugs and alcohol have many detrimental effects on the body, and increases the possibility of accidents in the workplace.

Alcohol:

Alcohol, a drug, is a central nervous system depressant. With moderate drinking a person may experience:

- dizziness
- dulling of senses
- impaired coordination
- impaired reflexes
- impaired memory
- impaired judgement

When alcohol is consumed in larger quantities over a long period of time, death may occur due to depression of the parts of the brain that control breathing and heart rate. Alcohol in large amounts, or over a long period of time, may cause damage to the liver, heart and pancreas.

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Drugs:

Drugs, which include Marijuana, Cocaine, Crack Cocaine, Heroin, LSD (Lysergic Acid Diethylamide), PCP (Phencyclidine), and many others, can last for several months in the body. They can cause:

- decreased long and short term memory
- decreased concentration
- distorted senses
- impaired perception of time and space
- slowed reaction time
- temporary blindness
- hallucinations

Substance Abuse and Job Performance:

- **Alcohol can affect job performance.**
- The combination of alcohol and drugs may multiply their effects and increases the risk of injury and death.
- Drug and alcohol use increases the possibility of an on-the-job accident.

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Review The Following Points:

- Alcohol is a drug.
- Even with moderate drinking a person experiences impairments.
- Drugs can last several months in the body.
- Working under the influence of drugs and/or alcohol can cause a serious accident.
- Using both alcohol and drugs increases the problem and can lead to a serious accident.
- If you have a problem, tell someone who can help.

Based upon: Ohio State University Extension. *Substance Abuse*. Retrieved from website <http://ohioline.osu.edu/atts/modules.html>

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