Drugs & Alcohol

- Alcohol and drugs are proven to affect your ability to respond normally to situations at work.

- Drugs which can affect your ability to work do not just have to be illegal drugs. Prescription drugs or even medicines which are purchased from a shop can also affect the way you work.

- If you are taking any medicines which you think may affect you at work inform your supervisor. Most medicines which will affect you have information written on the box which will tell you of any possible 'side effects' such as drowsiness.

- The amount of alcohol which you are allowed can vary from site to site. Normally the limit is 80mg per 1, but on 'rail' sites this is reduced to 30mg per 1.

- Taking drugs or drinking excessive alcohol does not just affect your performance at work. It can affect your personal relationships and cause severe long term health problems which can result in premature death.

- A guide to how much you can safely drink is up to 4 pints of 'normal' strength lager. You must leave at least 8 hrs before starting work for this amount of alcohol to have left your system when you start work. If you drink more (or stronger) drinks it will take longer for the alcohol to leave your body. This amount will vary from person to person and should only be used as a rough guide.

- Although the penalties for being caught with cannabis have been reduced in the UK it is still an illegal drug. Cannabis stays in your blood stream for around 30 days after you have taken it.

- You can be asked to provide a random drugs and alcohol test at any time during your employment. Refusing to take a test is just as serious as failing one.

Did you know?

If you feel you may need help with either a drug or alcohol dependency, contact the HSQE department or your labour supervisor who can give you the details of organisations that can proved advice. Any request will be treated in complete confidence.

Q. What drugs can affect you at work?

Q. Is cannabis legal?

Q. When can you be asked to take a drugs and alcohol test?