

Drugs and alcohol

About 5 minutes · Read it out, then ask the questions at the end.

Why it matters. Drugs and alcohol slow reactions and affect judgement. On a construction site that puts everyone at risk.

The hazards

- Coming to work under the influence
- Alcohol still in your system from the night before
- Prescription or over-the-counter medicines that cause drowsiness
- Pressure to cover for a colleague

Stay safe

- Follow the site's drug and alcohol policy
- Never work under the influence
- Remember alcohol can still be in your system the next morning
- Tell your supervisor if your medicine could affect your work
- If you think someone is unfit to work, tell your supervisor
- Ask for help early if you are struggling

Ask the team

1. What does our site policy say?
2. What should you do if your medication makes you drowsy?
3. How would you raise concerns about a colleague?

The law and guidance

Health and Safety at Work etc. Act 1974; Management of Health and Safety at Work Regulations 1999.

General guidance to help you give a toolbox talk. It doesn't replace your site's risk assessments, method statements, permits or training. Check it against your own site rules before you give it.

Free toolbox talk from EW Group, 110V site temps specialists. www.ewgroup.co.uk · Bristol 0117 982 0005 · London 020 7476 0001

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Site: _____ Date: _____

Given by: _____ Company: _____

By signing, I confirm I attended this toolbox talk and understood it.

Name (print)	Company	Signature	Time

Keep this record with your site's training and briefing records.