

Reasons to Drug Test

Below are some of the most frequent reasons employers give for having a drug testing program:

1. To comply with Federal regulations, e.g., the Department of Transportation, Department of Defense, Nuclear Regulatory Commission, and the Department of Energy.
2. To comply with customer or contract requirements.
3. To comply with insurance carrier requirements.
4. To match other employer efforts, and to minimize the chance of hiring employers who may later be users or abusers.
5. To reinforce the company position on "no drug use."
6. To identify current users and abusers and refer them for assistance.
7. To establish grounds for discipline or firing.
8. To improve safety.
9. To convince "casual users" the cost of using is too high.
10. To deter "recreational" drug use that could lead to addiction.
11. To reduce the costs of alcohol and other drug abuse in the workplace.
12. To give recovering users another reason to stay sober (relapse prevention).

* Source: [Making Your Workplace Drug Free](#):

Alcohol and Drug Affects on Driving...

Alcohol: (Beer, Wine, Whiskey, Gin, Rum, Vodka, Tequila, etc.)

- * Dulls judgment and concentration
- * Slows reflexes and reaction time
- * Leads to multiple, blurred and restricted side and night vision
- * Hinders muscle control and coordination
- * Exaggerates emotions
- * Increases drowsiness

Alcohol Plus Marijuana

In addition to effects of alcohol:

- * Dulls concentration and reasoning abilities
- * Slows reaction time
- * Leads to multiple vision and slowed glare recovery time
- * Hinders muscle control coordination, maneuvering ability to recognize traffic signals
- * Affects short term memory and tracking ability
- * Increases distraction and drowsiness

Alcohol Plus Antihistamines (cold remedies such as Sudafed, Coricidin)

In addition to effects of alcohol:

- * Dulls judgment and concentration
- * Slows reaction time
- * Leads to reduced vision
- * Hinders coordination
- * Increases drowsiness, confusion, and anxiety

Alcohol Plus Tranquilizers (Sleep medications, Valium, Librium, Seconal, Xanax, etc.)

In addition to the effects of alcohol:

- * Dulls judgment and concentration
- * Slows reflexes and reaction time
- * Leads to multiple, blurred and restricted side and night vision
- * Hinders coordination and motor skills
- * Increases drowsiness

* Source: [National Commission Against Drunk Driving](#)

Who Would Have Thought? Mothballs?

You may not know that some teenagers are using mothballs to get high. This is a new trend that researchers say may be underreported.

In July, [Reuters](#) reported that users place mothballs, that contain [paradichlorobenzene](#), in a bag and inhale from it for about 10 minutes. Some users also chew the mothballs. They call it "bagging."

This dangerous trend has many side effects. Mental impairment, loss of coordination, and scaly skin may be symptoms of mothball abuse. [Paradichlorobenzene](#), which is also found in air fresheners and insect repellents, can also cause anemia and liver and kidney failure.

In France, a teen who had been sniffing mothball fumes took six months to recover. His twin sister spent three months recovering. Researchers said that while only a few such cases have been reported, the habit may be more widespread than we think.

Source: [New England Journal of Medicine](#), July 27, 2006.

YOU SHOULD KNOW...

- * Alcohol was involved in 39 percent of FATAL crashes in 2004--an average of one alcohol-related fatality EVERY 31 minutes.
- * An estimated 248,000 people were injured in crashes attributed to alcohol--an average of one injury every two minutes.
- * Overall, about 11 percent of the drinking public over age 16 can be classified as "problem drinkers."
- * Three out of every 10 Americans face the possibility of being involved in an alcohol-related traffic accident during their lifetime.
- * Approximately 1.4 million arrests were made in 2003 for driving under the influence of alcohol or narcotics.

**WE ALL NEED A REMINDER NOW AND AGAIN
ABOUT THE DANGERS OF IMPAIRED DRIVING.
SHARE THE FACTS!**