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SMOHIT Safety Sense Toolbox Talks for the Sheet Metal Industry	<h3 style="margin: 0;">Drug Abuse</h3> <ul style="list-style-type: none"> Many people tend to view drug abuse and addiction as strictly a social problem. People who are addicted to drugs are typically characterized as being morally weak or as having criminal tendencies. Most people believe that drug abusers and addicts should be able to stop taking drugs if they are willing to change their behavior. However, drug abuse and addiction comprise a public health problem that affects many people and has vast social consequences. Drug addicts suffer from compulsive drug craving and usage and cannot quit by themselves. Treatment is necessary to end this compulsive behavior. Some warning signs of drug dependency include: <ul style="list-style-type: none"> An increase in tolerance, both in amount and frequency of drug use. A change in the user's personality, and frequent, unexplained mood swings, including defensiveness, depression, abuse, guilt, and fear. Trouble at work and/or home. Withdrawal from friends, family, and activities. Frequent blackouts or the inability to remember events when using drugs. Drug dependency is treatable through rehabilitation programs that are tailored to individual needs, including counseling, psychotherapy, support groups, family therapy, and/or medication. The ultimate goal of treatment is to achieve lasting abstinence. The immediate goal of treatment is to reduce drug use, improve the patient's ability to function without drugs and to minimize medical and social complications of drug abuse. If you know of anyone at work who you think may have a drug problem, speak with him/her or a supervisor immediately about getting the person help. 	<h3 style="margin: 0;">Instructor Tips</h3> <ul style="list-style-type: none"> Emphasize that employed drug abusers cost their employers about twice as much in medical and worker compensation claims as their drug-free coworkers. Tell workers that patients who are in treatment for at least three months have better outcomes than those who stay in for less time.
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Reference: National Institutes of Health—National Institute on Drug Abuse