

# Safety Flash

November 21, 2014.

## Safety Statistics

First Aid Free Days: 11

### REMINDER

*Remember to have your chimney inspected by a professional before each heating season.*

Think Safe, Work Safe and Be Safe!!

### Quote of the Day

*"Light up your Christmas tree, not your home; use approved decorations and lights."*

~Author Unknown.

## Hangovers Due To Drugs And Fatigue.

Why is it a bad idea to arrive for work with a hangover? You may put your safety and the safety of others at risk. That's correct. We all need to be alert, focused and clearheaded at work. Hazard associate with impaired construction workers. The night before (hangovers and fatigue).

The use of drug and alcohol is *a lifestyle choice that greatly impacts your ability to be an effective worker*. Using, or being under the influence of drugs or alcohol at a worksite is **forbidden**. You simply cannot work safely under the influence of alcohol or drugs.

Drug and alcohol consumption will affect your work performance and inhibit your physical coordination. Being impaired in this way greatly increases the risks to your physical safety and wellbeing, as well as that of your coworkers. Under the influence of drugs or alcohol, your judgment will be impaired, your reaction time will be slower, and your mood will be altered. Being impaired at work is against company policy and it is also illegal.

Many companies are becoming more stringent in enforcing their drug and alcohol policies and some have their employees go through pre-access, random, and post-incident testing. Coming to work with alcohol or drugs in your system can result in serious consequences. You can be banned from a project site or even dismissed entirely. Outside the work environment and on your own time, it is still your responsibility to make responsible choices about the use of drugs and alcohol. Reporting to worker with a hangover or being fatigued from the use of drugs or alcohol the night before is not safe. It is your responsibility to use good judgment and make sure you are able to be alert, focused and clearheaded at work.

If you believe a co-worker is impaired at work you should: (A) Tell him he or she is doing a good job. (B) Become a good friend with him or her. (C) Never mind.

(C) **Report it to a supervisor. That's right. You need to report a co-worker's possible impairment to your supervisor. Even if you're wrong, it's better to be safe than sorry.**

*Every reasonable precaution should be taken to protect yourself and promote our ZERO ACCIDENTS culture.*

### PLEASE PLAN TO HAVE A SAFE DAY!

### Weather Forecast for Edmonton

	Mon. Nov. 17	Tue. Nov. 18	Wed. Nov. 19	Thu. Nov. 20	Fri. Nov. 21	Sat. Nov. 22
						
High	-2°C	-4°C	-4°C	2°C	2°C	-1°C
Low	-13°C	-9°C	-10°C	-4°C	-2°C	-10°C
Wind	S 10 km/h	NW 20 km/h	SE 10 km/h	S 15 km/h	W 15 km/h	W 15km/h