**Alcohol & Drugs at the Workplace Factsheet - CIF**

**Did you know?**

* Drug and alcohol abuse in the workplace accounts for 65% of on-the-job accidents
* Male-dominated professions and businesses often have higher rates of alcohol-related problems than female-led ones
* Approximately 1 in every 11 workers in the US (9% of total workforce) struggled with a substance or alcohol use disorder in the past 12 months
* It is estimated that between 5 % and 20 % of the working population in Europe have serious problems related to their use of alcohol
* Being intoxicated at work impairs your judgement and affects your decision making which when operating machinery can put you and your colleagues at severe risk
* When cruising at 70 miles per hour, a drunk driver would travel for an additional 12 feet before reacting to a roadway hazard
* Alcohol is a factor in more than half of all suicides in Ireland
* 1 in 7 Irish workers surveyed had suffered work-related problems from co-workers’ drinking
* Almost half (48%) of Irish drinkers are drinking at a level that puts their health at risk
* The recommended weekly alcohol intake for a man is 17 standard drinks & 11 for a woman. A pint equates to 2 standard drinks & a small glass of wine equates to 1 standard drink
* Some people with mental illness use drugs to relieve their symptoms. It can actually make the condition worse and more difficult to manage in the long term
* People who use drugs are more likely than others to experience episodes of depression
* In Ireland, binge drinking is widely considered to be the norm – 74% of Irish adults believe that excessive drinking is ‘just a part of Irish culture’
* Every 7 hours, someone in Ireland dies from an alcoholic related illness.
* 2 people die every week from alcohol poisoning.
* Almost half of all arrests for driving under the influence of an intoxicant (DUI) take place between midnight and 6am. 1 in 10 DUI arrests are made between 8am and 2pm, with a peak on Sundays
* Marijuana is detectable for up to 90 days in hair, anywhere between 1 day to a month or longer in urine (depending on how often the individual uses it), up to 24 hours in saliva, and up to 12 hours in blood
* Cocaine remains in your system from 3-4 days in urine and 1-2 days in blood
* Heroin remains in your system from 3-4 days in urine and up to 12 hours in blood
* Benzodiazepines remains in your system from 3-6 weeks in urine and 2-3 days in blood
* It takes at least one hour to process one [standard drink](http://drinkaware.ie/what-is-a-standard-drink/). There is nothing you can do to remove alcohol from your body any quicker, only time.
* Being intoxicated at work can result in your immediate dismissal.

**Helplines:**

**I think I binge drink too much and fear I could still be over the limit in work some mornings?**

*Being aware of this is the first step. Use the Drinks Calculator rom Drink Aware to see real impact of alcohol on your health, wellbeing and bank balance!*

[**www.drinkaware.ie**](http://www.drinkaware.ie/)*or call them on 01 443 1151*

**I’m really worried about a colleague, she seems so withdrawn from work.**

*Speak to your colleague in confidence & ask her is there anything that she would like to share. Have some supporting information with you like Pieta House information. If the behaviours is still worrying you then you need to escalate your concerns to a line manager.*

*Pieta House Freephone 1800 247 247Text HELP to 51444*

[**www.pieta.ie**](http://www.pieta.ie/)

**I only smoke cannabis, sometimes do cocaine at weekends so surely, I'm grand then during the week?**

*Cannabis can stay in your urine for 7-30 days and up to 2 weeks in your blood while Cocaine is 3-4 days in urine and 1-2 days in blood. For more facts on drugs go to* [*www.drugs.ie*](http://www.drugs.ie/)

**My colleague forgot a safety check last week, I’m concerned this could lead to an accident?**

*Under The Safety, Health and Welfare at Work Act 2005, an employee is required to report to his / her employer regarding certain workplace health and safety issues. These include; any work being carried on in a manner which may endanger the safety, health or welfare at work of themselves or any other person; any defect in the place of work, the system of work or any article or substance which also might endanger themselves or any other person.*

*See* [www.hsa.ie](http://www.hsa.ie/) *informative sheet on Intoxications at Work:* [Layout 1 (hsa.ie)](https://www.hsa.ie/eng/Publications_and_Forms/Publications/Occupational_Health/Intoxicants_at_Work_Information_Sheet_.pdf)

**My alcohol & drug problems have completely escalated, and I don’t know where to turn to?**

*If you are worried that you have an addiction it is important that you seek help immediately. There are many organisations out there to help including The Lighthouse Club which is a charity-based organisation specifically created to help those in the Construction Sector.*

[Lighthouse Club - The Construction Industry Charity](https://www.lighthouseclub.org/)

*Helpline: 1800 939 122*

Free Masterclass on Alcohol & Drugs:

<https://lighthousetraining.corsizio.com/c/63d13da01477a730fc54e96a>

[Drugs and Alcohol Helpline - HSE.ie](https://www.hse.ie/eng/services/list/5/addiction/drugshivhelpline/)

*Call our confidential freephone helpline on 1800 459 459 from Monday to Friday between 9:30 am and 5:30 pm.*

*Email us at any time on* [helpline@hse.ie](mailto:helpline@hse.ie)