

TRANSPORTATION MANAGEMENT

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DRUG/ALCOHOL USE COACHING TOPIC

The Issue

An alcohol-free and drug free work force is critical in the transportation industry. The federal government is very strict in its enforcement of the Federal Motor Carrier Safety Regulations regarding driver use of alcohol, marijuana, cocaine, opiates, amphetamines and phencyclidine in the interest of public safety. The driver who uses alcohol and/or drugs is a hazard to himself, to other motorists and to the general public.

The Concern

Blood alcohol concentrations (BAC) of .08 or more are considered unsafe for driving in most states. But as little as .04 (BAC) can affect your ability to do your job safely. In safety –sensitive jobs such as driving a commercial vehicle, any alcohol or drug use is too much.

Many government and private employers prohibit the use of alcohol within four hours of performing safety-sensitive tasks. However, it is not always obvious when someone has become chemically dependent. Some signals that you or someone you work with may have a problem with alcohol or drugs are: neglecting responsibilities, blackouts or memory lapses, slower reaction time, fatigue, increased injuries or “near misses.”

When safety is an issue, you may be prohibited from doing your job until your BAC reaches acceptable levels. You may be required to be tested without warning (random testing) or for reasonable cause.

The Solution

If you need help, see your employee assistance professional or check your phone book’s community resource pages under “Alcohol and Drug Abuse.” The simple solution is to “Just Say No” to alcohol and drugs. Stay sober and drug free on the job!