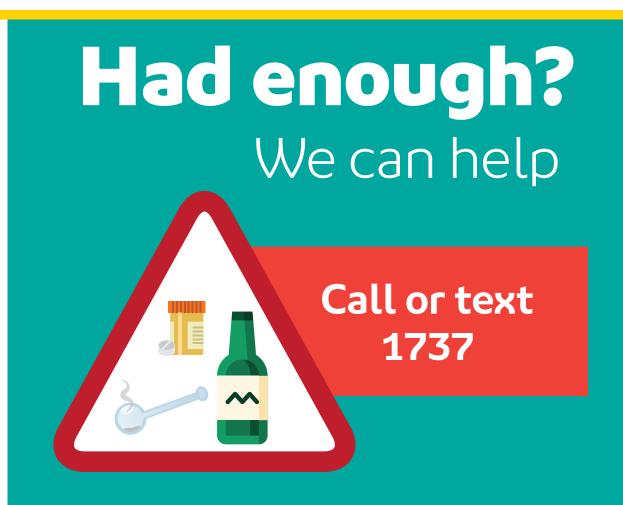
## Alcohol and other drugs

- We are a drug and alcohol-free crew
- Tell the foreman if someone seems affected
- Ask for help



## Alcohol and other drugs

There is absolutely no place for alcohol and other drugs in the high-risk, highly changeable environment of our forests.

#### We are a drug and alcohol-free crew

- Don't overdo the alcohol on the nights before work.
- Some pharmacy medicines can affect you (eg, make you sleepy). Tell your doctor what work you do before they prescribe you something.
- Speak to the foreman if you are taking anything that might make you unsafe at work.

# Tell the foreman if someone looks like they might be affected by drugs or alcohol

- That's if they look unwell, like they're not looking after themselves, if they're moody or quiet, agitated and jumpy, and generally seem not like their usual self.
- If you feel OK about it, talk to them yourself.

### Ask for help if you're drinking too much alcohol or taking drugs

- Making change is not usually something you can do on your own and there's plenty of help available – a lot of it is free:
  - » Call or text 1737 to talk to a trained counsellor.
  - » Find out what other help your employer might give you access to (eg, counselling from Vitae or an Employee Assistance Programme, known as EAP).