

Alcohol and other drugs

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

Had enough?
We can help



**Call or text
1737**

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).