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Drug & Alcohol Awareness

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How Are We Doing?

LTI's - 0 in last 12 months

Location Period	Oil & Gas Base AFR	Oil & Gas Sites AFR	Total AFR
October	0	0	0
12 Month Rolling	0	1.55	1.35

- Statistics presented one month in arrears.
- AFR includes first aid/ medical treatment cases.
- $AFR = (Accidents / Manhours) \times 100,000$

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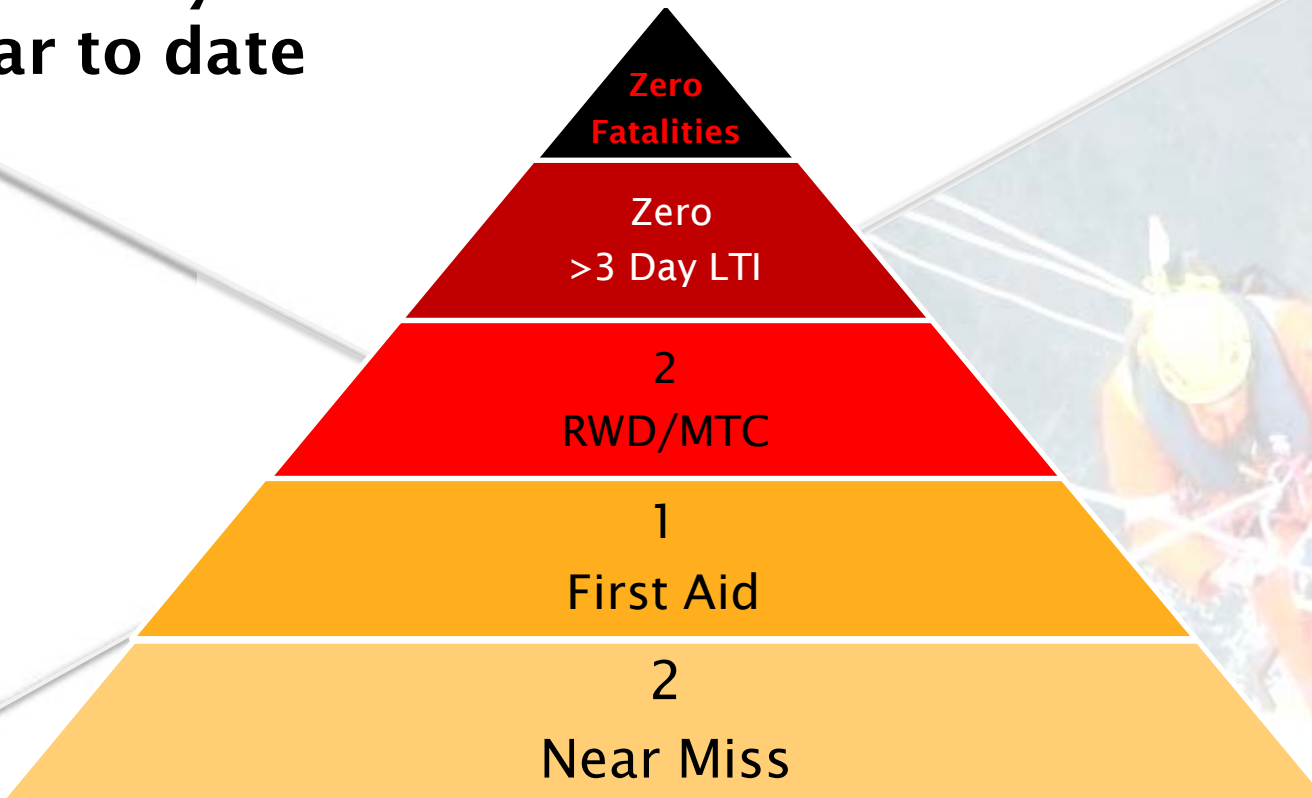
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How Are We Doing?

Summary of incidents year to date



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Introduction

- Personnel will ensure they are in a fit state for work and not under the influence of drugs or alcohol.
- There are strict alcohol limits for drivers, but it is impossible to say exactly how many drinks this equals - it is different for each person.
The way alcohol affects you depends on:
 - *your weight, age, sex and metabolism (the rate your body uses energy)*
 - *the type and amount of alcohol you're drinking*
 - *what you've eaten recently*
 - *your stress levels at the time*

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New Lower drink-drive limit

- Lower drink-drive limit came into force from 5th December in Scotland
- The alcohol limit will be lowered from 80mg in every 100ml of blood to 50mg in every 100ml of blood
- In practice the change will mean a glass of wine or a pint of beer could put a driver over the legal limit
- The Scottish government and police have said the best advice for drivers is not to drink at all.
- Police have said an additional 35 drivers a week could lose their licences over the upcoming festive period.
- It can take roughly 10 hours to be alcohol-free after drinking one bottle of wine and roughly 13 hours after drinking four pints of strong lager or ale.

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TRACPOL C04 Drug & Alcohol Policy

- Employees must not report or endeavour to report for duty, having just consumed alcohol or being under the influence of drugs.
- Be in possession of illegal drugs when on duty
- Consume alcohol or illegal drugs when on duty
- Disciplinary procedures will be enforced, where use of alcohol or drugs (other than on prescription) affects performance or behaviour at work, and where either an alcohol or drug abuse problem does not exist or where treatment is not possible.

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Testing

- Employees shall be subject to random drug and alcohol testing, this is to ensure that they are in a fit state to carry out their stated duties.
- Random searches will also take place.
- For Cause testing – shall be initiated following an accident or serious incident or where an employee's behaviour gives grounds to suspect that they may be unfit for work through drugs and alcohol.

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Check-in

- There is a zero tolerance for alcohol and drugs when going offshore
- There's no fail-safe way to guarantee all the alcohol you've drunk has left your system, so don't take the risk.
- If you turn up to check-in with alcohol or drugs in your system, you will be turned away from check-in and tested by trained TRAC personnel.
- If check-in is delayed because of the weather, this is no reason to consume alcohol or drugs.
- There's nothing you can do to speed up the rate alcohol leaves your system. Sleep, coffee and cold showers don't help to sober you up. Just because you've been to sleep, it doesn't mean you're no longer affected by alcohol.

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Drugs

- Drugs affect the way a person thinks, perceives and feels.
- Both legal and illegal drugs can cause problems in every area of an individual's life. In both their personal and professional situation.
- Drug driving can affect the way you drive in a similar way to drink driving. Drugs affect different people in different ways but, contrary to what many claim, they definitely do not have a positive effect on your driving ability. This applies to illegal drugs and many medicinal drugs

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Consequences

- Disciplinary action can be taken where appropriate.
- Alcohol and drugs can negatively effect behaviour and performance
- Loss of driving license
- Possible criminal record
- You could lose your job

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Remember

- You could be over the legal limit many hours after your last drink, even if it's the 'morning after'.
- The likelihood of being caught drink driving is now greater than ever before.
- Relatively small amounts of alcohol can make a big difference to your reactions.
- If you see someone who is, you should call the police on 101

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Topics Covered In 2014

- January - Waste Management
- February - Quality Principles
- March - Driving
- April - Drug & Alcohol Awareness
- May - Job Preparation - Quality
- June - Safe Use of Ladders
- July - Confined Space
- August - PPE
- September - Near Miss & Incident Reporting
- October - Manual Handling
- November - Driving

If you have missed any of these presentations or would like to review a topic again then please contact your line manager.

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Your behaviour makes a difference

Look after yourself

Look out for others

Use safety equipment

Follow safety procedures

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