

## Our core messages

**No drugs & alcohol at work:** D&A while working is a big 'no'. Not only does it impair workers, but combined with the high-risk environment that construction entails, it can have devastating consequences.

**I'm fit & ready to work:** Being alert and physically ready for work in a high-risk industry is crucial. Turning up to work tired, hungover, or high reduces a person's ability to perform work safely and effectively. It also puts everyone on site at risk.

**Look out for each other:** Looking out for mates is about making sure you don't harm yourself or them through D&A use, knowing when and how to access help, supporting the need to do the right thing when someone else might have D&A problems, and promoting a sensible and responsible attitude to D&A use.

## Getting support

For program information such as workplace education and training or referral to health and community services, contact the Program Coordinator on 0418 847 180 or 08 8373 0122 during business hours.

For crisis support and suicide prevention, call **Mates in Construction** on 1300 642 111, or **Lifeline** on 131 114.

For specific D&A advice or if you are concerned about a workmate, family member or friend, call the **Alcohol and Drug Information Service** on 1300 13 1340.

# CONSTRUCTION AND OTHER INDUSTRIES DRUG AND ALCOHOL PROGRAM INC

Established by employers and workers in the construction industry to address the issue of unsafe work practices related to drugs and alcohol (D&A) in the workplace. We provide workplace education and training, as well as confidential support services and information.



## Aims

To enhance the capacity of the construction workforce, to prevent and minimise drug and alcohol (D&A) related harm, by improving their knowledge and confidence to make healthy and safe choices.

To assist workers in understanding the role and application of workplace D&A policies

To adapt and evolve in response to societal needs and advances in knowledge relating to D&A and the construction workforce.

## Why the construction industry?

Though many industry-related risk factors affect workplace health and safety (e.g. fatigue, unsafe work conditions, lack of instruction, etc.), the broader health and wellbeing consequences of D&A can worsen these risks and result in:

- ▶ Increased absenteeism and presenteeism
- ▶ Adverse quality of work reducing productivity
- ▶ Reduced morale and poor working relationships
- ▶ High staff turnover
- ▶ Poor safety resulting in injuries and accidents
- ▶ Construction is also considered to be an industry of high-stress and there is some evidence suggesting that D&A may be used by some people as a means of coping

## How we can help?

We know that D&A issues in the workplace can be expensive, disruptive and hard to manage. But your workplace is also a good opportunity to be proactive and provide the appropriate level of support and help that is needed.

We provide services such as:

- ▶ Training and education that is regular, ongoing, and adaptable to changing circumstances for the duration of a worker's career i.e. from pre-apprentices to retirement
- ▶ Awareness raising of D&A issues within a broader health context, whilst still highlighting impairment and safety in the workplace.
- ▶ Linking workers with D&A support and treatment options that are appropriate, local, and confidential.

## Contact Us

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Drug and Alcohol Program Inc.*

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