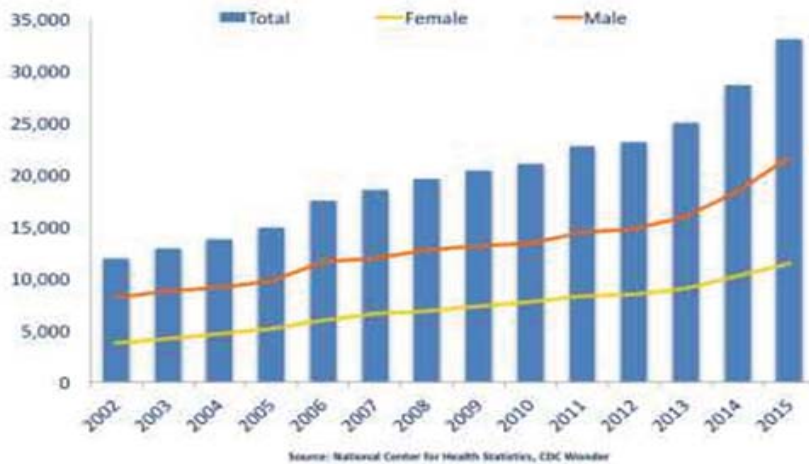




National Overdose Deaths Number of Deaths from Opioid Drugs



No Accidents!

Success is No Accident!

Toolbox Topic:
Prescription Drugs

National Overdose Deaths—Number of Deaths from Opioid Drugs. The figure above is a bar chart showing the total number of U.S. overdose deaths involving opioid drugs from 2002 to 2015. Included in this number are opioid analgesics, along with heroin and illicit synthetic opioids. The chart is overlaid by a line graph showing the number of deaths of females and males. From 2002 to 2015 there was a 2.8-fold increase in the total number of deaths.

Our Drug & Alcohol Policy is on page 3

| Hours an Accident | | | | | |
|--------------------------------|----------------|---------------------|-------------|-----------|-------------------|
| 10-Jul-17 | | | | | |
| Job | 2017 Hours | Accidents/Incidents | | | |
| | | W Comp Reportabl | OSHA Report | Lost-Time | Hours an Accident |
| Valdez Housing Off / Warehouse | 3471 | 0 | 0 | 0 | No Accidents! |
| Bethel | 12474 | 0 | 0 | 0 | No Accidents! |
| Turnagain Elem | 11147 | 0 | 0 | 0 | No Accidents! |
| Mass X Operations | 42454 | 0 | 0 | 0 | No Accidents! |
| Museum | 27823 | 1 | 0 | 0 | 27,823 |
| Providence | 12677 | 1 | 1 | 0 | 12,677 |
| Small Jobs | 780 | 0 | 0 | 0 | No Accidents! |
| HDJV | 190448 | 0 | 0 | 0 | No Accidents! |
| UAF CPHR Power | 63424 | 0 | 0 | 0 | No Accidents! |
| UAF Engineering Facility | 26698 | 0 | 0 | 0 | No Accidents! |
| Total | 391,396 | 2 | 1 | 0 | 195,698 |

Prescription Drug Abuse

Is it possible that you or someone you love is addicted to prescription drugs? Most of us take prescription drugs only for the reason the doctor intended. Nevertheless, an estimated 48 million people (aged 12 and older), according to the National Institute on Drug Abuse, have used prescription drugs for nonmedical reasons in their lifetime. That figure represents approximately 20% of the U.S. population.

In recent years, there has been a dramatic increase in prescription drug misuse or abuse. This increase has led to a corresponding increase in ER visits because of accidental overdoses as well as admissions to drug treatment programs for drug addictions.



Which Prescription Drugs Are Commonly Abused?

According to the National Institute on Drug Abuse, the three classes of prescription drugs that are often abused include:

- **Opioids** used to treat pain
- Central **nervous system** (CNS) depressants, such as **benzodiazepines** (Xanax, Valium, Ativan, Klonopin), used to treat **anxiety** and **sleep** disorders
- Stimulants, such as **amphetamine** and **dextroamphetamine** (Adderall) or **methylphenidate** (Concerta, Daytrana, Methylin, Ritalin) used to treat **attention deficit disorder** and **narcolepsy** (a **sleep disorder**).

Success is No Accident!

What Does Our Drug & Alcohol Policy Say?

3.1 Controlled Substances

Employees are prohibited from reporting for duty or remaining on duty when using or under the influence of any drugs, except when the use is pursuant to the instructions of a Licensed Medical Practitioner (LMP). In cases where this exception applies, the LMP must advise the employee that the substance will not adversely affect the employee's ability to safely perform their job.

3.8 Prohibition against Working While Using any Medication Which Affects Safety or Performance

Use of any medication (therapeutic drugs) while engaged in Company activities is prohibited to the extent such use may affect the employee's ability to perform his or her job duties safely.

An employee using any medication that contains alcohol or a controlled substance has an obligation to inquire of an LMP and determine whether the substance the employee is taking may affect the employee's ability to perform his or her job duties safely. Failure to make such an inquiry and get clearance from an LMP will subject the employee to discipline, up to and including termination.

If an employee discloses or it is discovered that the employee is using medication that contains alcohol or a controlled substance, the employee may be required to provide written verification from an LMP that the substance does not adversely affect the employee's ability to perform his or her job duties safely when taken as prescribed.

What should employees do in taking any medications?

1. Follow the medication dosage requirements, from the Doctor's and more is not better.
2. Talk to your doctor and let him/her know what tasks or activities you perform to see if there are any precautions or impairments that you need to know about.
3. Let your supervisor know what medications you are taking, prescription meds or over the counter medication that might affect your work performance.
4. Never take someone else's prescription meds it is against the law.
5. If the meds aren't working seek an advice from a Licensed Medical Practitioner.
6. If you feel you might be addicted to medications ask for help!