



**TEAM**  
**SAFE TRUCKING**

# ALCOHOL AND DRUGS

## HOW ALCOHOL AND DRUGS EFFECT YOUR BODY

### ALCOHOL-

Eyes: Low-to-moderate blood alcohol concentrations interfere with your eye movements and impair your ability to track objects. Tracking objects is a vital skill when driving a vehicle on roadways and highways.

Steering Ability: Alcohol impairs reaction time. Steering is a complex psychomotor task. Steering ability lessens at a blood alcohol concentration of 0.035.

Brain: Alcohol impairs nearly every aspect of the brain's information processing. Alcohol-impaired drivers require more time to read street signs or respond to traffic signals than unimpaired drivers. As a result, impaired drivers tend to look at fewer signs. Attention narrows at about 0.04 blood alcohol concentration.

### MARIJUANA-

Marijuana alters your brain and gross motor skills, which has a direct impact on your ability to think critically. Marijuana alters your brain's interpretation of incoming messages and causes problems with memory, learning, thinking, problem-solving and concentration. Some visual cues to recognize someone that may be under the influence of marijuana are red eyes, slowed speech and an irritated cough.

### COCAINE-

Cocaine alters the brain and gross motor skills which directly impacts your ability to think critically or respond to situations. Cocaine use can cause increased blood pressure, heart rate, vertigo, insomnia, fatigue, loss of appetite, anxiety, and agitation. Some visual cues to detect if someone is using cocaine are sweating, dilated pupils, runny nose, and tremors.

### Amphetamines & Methamphetamines-

Alter the brain and gross motor functions of the body and greatly impact critical thinking and reflexes.

Amphetamines & Methamphetamines cause rapid breathing, increased heart rate, irregular heartbeat, increased blood pressure, headaches, dizziness, insomnia and overheating. If you were looking for visual cues of someone using these types of drugs you would be looking for profuse sweating difficulty focusing eyes and poor memory.

### Opiates-

An opiate includes opium, heroin, morphine, and codeine. These drugs are used to alleviate pain, depress body functions and reactions. Managers or supervisors need to look for the following signs: constricted pupils, impaired vision, sweating, impaired coordination, slurred speech and slowed reflexes.

### PCP-

Causes distortions in perception and makes the driver's performance unpredictable and dangerous. PCP scrambles the brain's internal stimuli and alters how users see and deal with their environment. If you are a manager or supervisor look for the following signs and symptoms: dilated or floating pupils, jerky eye movements, thick or slurred speech, profuse sweating, dizziness, drowsiness, severe confusion, and agitation.

Over-the-counter medications and prescription medications use or misuse –

Medications may interfere with a driver's ability to drive safely and within the requirements of the alcohol and drug regulations. It is important to make sure you know the possible side effects of these drugs before your drivers take

Team Safe Trucking's mission is to reduce accidents through enhanced driver training and effective fleet management and to recruit new, safety-focused drivers to deliver a sustainable and profitable supply chain.

them. Consult your physician if you have any questions on over-the-counter drugs you use. Ensure your drivers keep you informed of the medications they are using, so you can protect them and your company from serious accidents.

## **WHAT IS A SAFETY SENSITIVE FUNCTION?**

Safety-sensitive functions include: The time a motor carrier is at a facility or on any public property waiting to be dispatched unless the driver has been relieved from duty by the motor carrier. All the time inspecting equipment as required by Section 392.7 and Section 392.8. Safety-sensitive functions also include inspecting, servicing, or conditioning any commercial vehicle at any time, and all the time spent at the driving controls of a commercial motor vehicle in operation. Safety-sensitive functions include loading or unloading a commercial motor vehicle, supervising, or assisting in the loading or unloading, remaining in readiness to operate the commercial motor vehicle, giving, or receiving receipts for shipments loaded or unloaded. All the time repairing, obtaining assistance, remaining in the attendance upon the disabled commercial motor vehicle. No driver shall perform safety-sensitive functions while having an alcohol concentration of 0.04 or greater. No driver shall perform safety-sensitive functions within 4 hours after having alcohol. No employer having knowledge that a driver has consumed alcohol within 4 hours shall permit a driver to perform safety-sensitive functions. A driver required to take a post-accident alcohol test must not use alcohol for 8 hours following the accident. Make sure all drivers are aware of the regulations regarding alcohol use and how it relates to safety-sensitive functions.

## **WHAT ARE ALCOHOL AND DRUG RESTRICTIONS**

Alcohol misuse and drug use can affect the performance of a safety-sensitive function. You are prohibited from using alcohol while performing a safety-sensitive function. You are also prohibited from using drugs or alcohol when you are reporting for duty, while you are on duty, if your alcohol concentration is 0.04 or greater, or 8 hours following an accident. Drivers and owners remember, a driver who has a 0.02 or greater, but less than 0.04 is not permitted to perform safety-sensitive functions for at least 24 hours.

Drivers are prohibited from using any drug or substance that's identified in 21 CFR 1308 .11 schedule I. There are drug prohibitions for use of any non-scheduled I drugs or substance; except under the direction of a licensed medical practitioner who is familiar with the driver's medical history and advises the driver the drug will not adversely affect their ability to safely operate a commercial motor vehicle. It is prohibited for you or your employees to test positive for drugs, alter test specimen or refuse to take a required drug test. A motor carrier may require a driver to inform them of any drugs the driver is using to treat a medical condition.

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Team Safe Trucking's mission is to reduce accidents through enhanced driver training and effective fleet management and to recruit new, safety-focused drivers to deliver a sustainable and profitable supply chain.