

Employees should

- Avoid taking alcoholic beverages before and during work or breaks.
- Before taking any drug, understand their side effects. Consult doctors and inform employers when necessary.
- Consider keeping away from risky operations after taking drugs that may impair cognition.

Employers should

- Lay down clear guidelines and policies prohibiting alcoholic consumption at workplace.
- Consider duty rearrangement to keep employees away from risky operations if they need to take drugs that may impair their cognition.
- Enhance awareness of employees on the effects of alcohol/drugs on work through health education and promotion.

**Mutual cooperation
between employers and
employees is essential to
preventing accidents
at work that are caused
by alcohol or drugs.**



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**Do you know the effects
of alcohol/ over-the-counter
drugs on your work?**



safety at work

Introduction

As you know, alcohol can affect your central nervous system.

Some of the over-the-counter drugs such as cough mixtures, cold tablets and anti-allergic drugs can also produce similar effects.

After taking alcohol or some of the over-the-counter drugs, workers' performance may be affected, and their productivity decreased.

Moreover, accidents resulting in injuries to workers or other people in the workplace may occur.

Common side effects of alcohol/drugs

- Slow reaction
- Drowsiness
- Dizziness
- Blurred vision
- Decreased concentration
- Impaired judgment
- Tremor

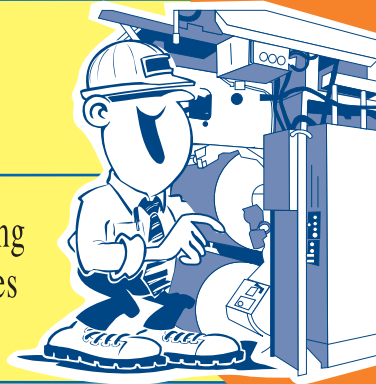


Note: If alcohol is taken together with some of the over-the-counter drugs, their side effects could be enhanced.

The side effects of taking alcohol/ over-the-counter drugs will affect the safety of some operations

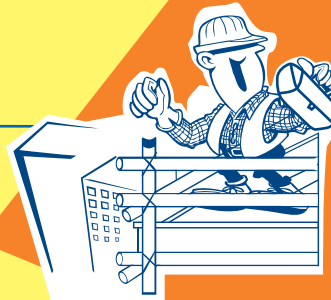
Some examples of risky operations

Driving



Operating machines

Handling chemicals, sharps, etc.



Working at height

Jobs requiring high concentration or alertness

Jobs that are physically demanding



Related Occupations

Transportation drivers
Forklift truck operators
Public transport drivers

Moulding machine operators
Carpenters
Printing workers

Laboratory technicians
Health care workers
Cooks

Scaffolding workers
Painters
External wall cleaners

Air-traffic controllers
Pilots

Firemen
Policemen
Construction workers