

## Help if you need it

Put plainly, substance use affects more than your mind and body. It affects your health, your colleagues, and your future.

If you or a colleague face drug addiction and would like help, please explore the resources available here to guide you.

The Substance Abuse and Mental Health Services Administration's national helpline offers free, confidential, 24/7, 365-day-a-year treatment referral and information services. It's available at **800-662-HELP (4357)** or online at [FindTreatment.gov](https://www.findtreatment.gov).



Photo Credit: Getty Images.



U.S. Department of Transportation  
**Federal Highway Administration**

#RoadsToYourFuture

## Safeguarding Our Worksite

Why construction workers  
must stay drug-free



Photo Credit: Getty Images.

Across all American workplaces, 40 percent of all nonfatal injuries are caused by falls, slips, and trips (20 percent) and by contact with objects and equipment (20 percent).\*

Every day, construction workers are at risk for both leading causes.

The profession relies on focus, coordination, and sound judgment. None of these are fully possible when you are under the influence, and worksite substance use is more common than you might think.

More than 50 percent of employers surveyed by the National Safety Council noted that impairment decreases the safety of their workforce.\*

Why would they say this? Let's look at the numbers.

**11.6%** of construction workers reported illicit drug use (marijuana, cocaine, methamphetamines, opioids, etc.) within the past month.†

**14.3%** of construction workers were diagnosed with a substance-use disorder in the past year.†

**2.3%** have a marijuana use disorder.†

\*Source: National Safety Council

†Source: Substance Abuse and Mental Health Services Administration (SAMHSA)



Photo Credit: Getty Images.

## Stay clean, stay safe

Help improve these statistics by going to work sober and clean. Not only is your career at stake, but also your safety and the well-being of your coworkers.

Attempting to work while under the influence will deteriorate your decision-making capabilities. You may act recklessly and ignore important safety practices. Even hangovers can make you tired and lose focus, potentially leading to accidents, injuries, or even death.

The best way to save lives and prevent workplace accidents is to make sure every worker on every worksite is sober and in control of their actions.

## Drug testing

Your future employer could very well have a drug-testing program in place. And it's for good reason, too. A study conducted by Cornell University found that construction companies that launched drug-testing programs experienced a 51 percent reduction in incident rates within two years.‡

It's important to understand the reasons why companies employ drug-testing programs. It's not to catch drug users. It's to help keep their workplaces safe. It's to help keep you and your colleagues free from harm.

‡Source: Cornell University, "An assessment of drug testing within the construction industry"