

Avoiding the Hazards of Drug Abuse

WHAT ARE DRUGS? WHAT KINDS OF DRUGS ARE THERE?

- There are many drugs that affect the mind or behavior, and they are either legal or illegal
 - Legal drugs are those that have been approved for sale either by prescription or over the counter
 - Alcohol, which is legally available in beverages except to those under legal drinking age, is a drug
 - Prescription drugs are drugs that have been determined to be safe, effective, and legal only when given under the direction of a licensed physician
 - Both the manufacture and dispensing of prescription drugs are regulated by laws enforced by the Food and Drug Administration, the Drug Enforcement Administration, and the individual states
 - If used improperly, people can become physically dependent upon some prescription drugs (for example, morphine and Valium.)
 - Illegal drugs are those whose manufacture, sale, purchase for sale, or possession is prohibited by law
 - Marijuana, cocaine, PCP, and heroin, or those drugs approved but obtained by illegal means
 - Illegal drugs may harm those who use them not only in terms of the physical and emotional damage they do directly, but also in terms of the criminal and financial consequences they bring

How and Why Does Drug Use Start?

- How and why do people start using drugs?
 - There is no one answer to that question
 - In the case of many young people, their drug use starts in response to peer pressure
 - Kids naturally want to “fit in,” to be accepted by their classmates or friends
 - Research studies show that once involvement with drugs begins, such involvement all too often follows a predictable sequence leading to drug abuse
- Drug abuse often starts with the illicit use of legal drugs like alcohol (illegal for youth) and tobacco
 - Users often progress from these substances to marijuana
 - Over half of the teenagers who use these substances, may eventually turn to other illegal drugs or combinations of drugs
 - For this reason, alcohol, tobacco, and marijuana are frequently called “gateway” drugs
 - Use of drugs such as cocaine and heroin is unusual in those who have not previously used alcohol, tobacco, and/or marijuana

DRUGS: WHAT ARE THEIR PHYSICAL AND PSYCHOLOGICAL EFFECTS?

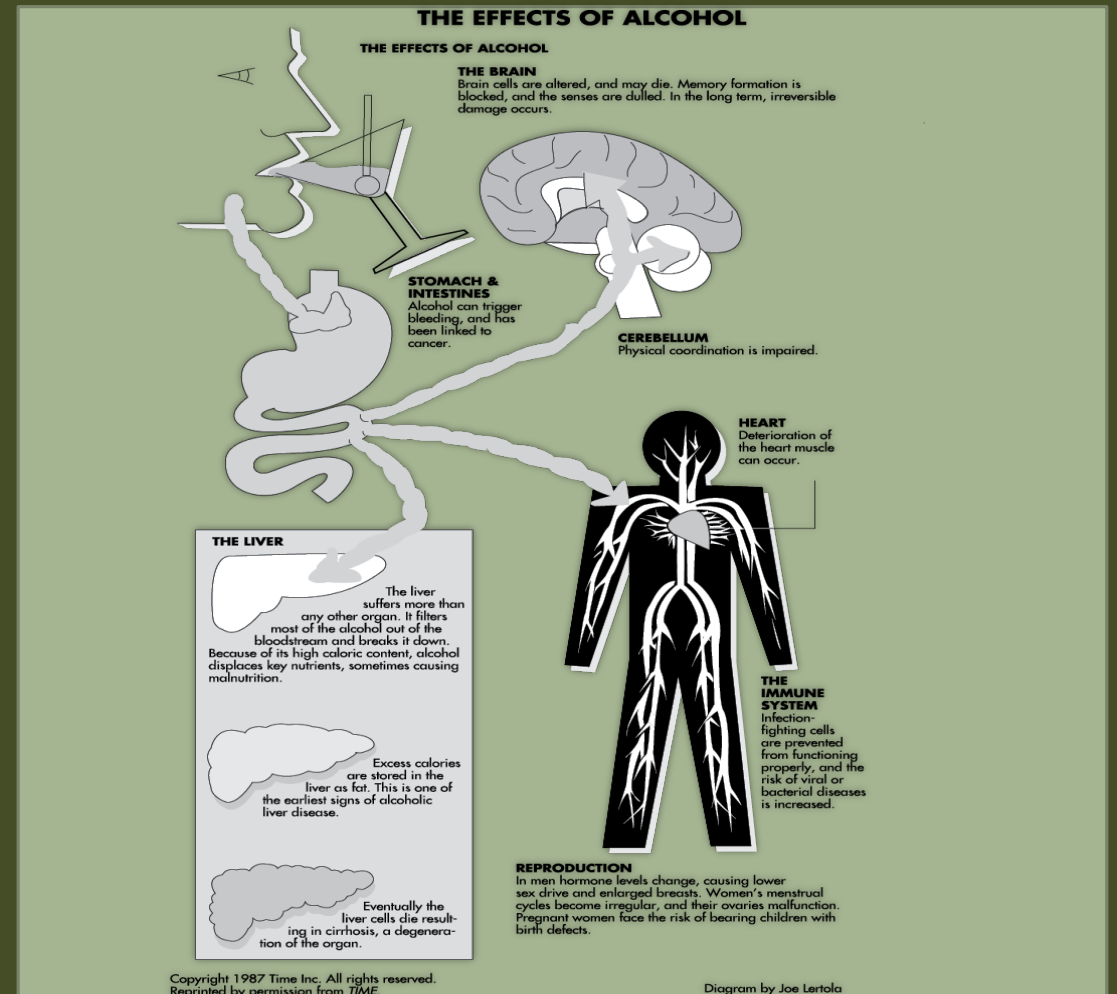
Alcohol

Alcohol

- Alcohol, a natural substance formed by the fermentation that occurs when sugar reacts with yeast, is the major active ingredient in wine, beer, and distilled spirits
 - There are many kinds of alcohol, the kind found in alcoholic beverages is ethyl alcohol
 - Whether one drinks a 12-ounce can of beer, a shot of distilled spirits, or a 5-ounce glass of wine, the amount of pure alcohol per drink is about the same—one-half ounce
 - Ethyl alcohol can produce feelings of well-being, sedation, intoxication, or unconsciousness, depending on the amount and the manner in which it is consumed
- Alcohol is a “psychoactive” or mind-altering drug, as are heroin and tranquilizers
 - It can alter moods, cause changes in the body, and become habit forming
 - Alcohol is called a “downer” because it depresses the central nervous system
 - That is why drinking too much causes slowed reactions, slurred speech, and sometimes even unconsciousness (passing out)
 - Alcohol works first on the part of the brain that controls inhibitions
 - As people lose their inhibitions, they may talk more, get rowdy, and do foolish things
 - After several drinks they may feel “high,” but their nervous systems actually are slowing down

Alcohol

- A person does not have to be an alcoholic to have problems with alcohol
- Many young people lose their lives in alcohol-related automobile accidents, drownings, and suicides
- Serious health problems can and do occur before drinkers reach the stage of addiction or chronic use
 - Some of the serious diseases associated with chronic alcohol use include alcoholism and cancers of the liver, stomach, colon, larynx, esophagus, and breast.
- In some studies more than 25% of hospital admissions were alcohol-related



DRUGS: WHAT ARE THEIR PHYSICAL AND PSYCHOLOGICAL EFFECTS?

Marijuana

Marijuana

- Marijuana is a harmful drug, especially since the potency of the marijuana now available has increased more than 275% over the last decade
- Even small doses of marijuana can impair memory function, distort perception, hamper judgment, and diminish motor skills
 - Driving under the influence of marijuana is especially dangerous
 - Marijuana impairs driving skills for at least four to six hours after smoking a single cigarette
 - When marijuana is used in combination with alcohol, driving skills become even more impaired
 - Chronic marijuana use can cause brain damage and changes in the brain similar to those that occur during aging
 - Health effects also include accelerated heartbeat and, in some persons, increased blood pressure
 - These changes pose particular health risks for anyone, but particularly for people with abnormal heart and circulatory conditions, such as high blood pressure and hardening of the arteries

Professional Personal Conduct

Professionals

- Are responsible for their personal actions at all times
- Are responsible for their work
- Discharge their duties properly and in a timely manner
- Arrive on time and often early
- Deliver their work on time and often ahead of time
- Are involved in their workplace
- Know they represent the employer at all times
- Are honest, truthful, forthright, trustworthy, and show integrity
- Exhibit a professional approach to work
- Adopt a service mentality
- Seek responsibility because they know they can handle it
- Are team players and know the job outcome is more important than personal glory
- Push for excellence in coworkers and in themselves.
- Seek continued improvement in themselves and how they do their job.
- Are attentive and readily follow instructions
- Are experts at their trade
- Are good communicators and teachers of new apprentices
- Have respect for authority
- Know how to keep things confidential
- Speak highly of their employer because they know their lifestyle depends on being employed
- Respect the general public and always present a good image
- Improve the accountability and reliability of coworkers
- Reinforce the trust of supervisors and company owners

Professionalism and Attitude

- Employers and fellow workers can treat a Qualified Electrical Worker as a professional, but there is no one who can make someone else a professional; they must do that themselves
 1. An IBEW/NECA apprentice, out of a population of over 300 million United States citizens, is one out of approximately 5,000 who are currently in the IBEW/NECA program
 2. The U.S. society depends on electricity
 - Future Journeyman Electrical Workers are being prepared to continually provide society with the electricity it needs
 3. IBEW/NECA trained Qualified Electrical Workers are sought after throughout the industry because the Qualified Electrical Worker training they receive is the best

Conclusion

- The greatest benefit of becoming a professional Qualified Electrical Worker is the satisfaction and pride that comes from doing a job to the best of one's ability
- Benefit as one of today's apprentices is being one of tomorrow's industry leaders, who will influence the industry in the coming years
- Qualified Electrical Workers in the electrical industry have over 100 years of proud history in which jobs have been completed in a timely and professional manner
 - By striving to be a professional and always working to the best of their abilities, Qualified Electrical Workers can keep the electrical industry and the IBEW proud

Absenteeism

Absenteeism

- Absenteeism is defined as the state of chronic absence from work
- Absenteeism is usually addressed through progressively stricter disciplinary measures that can result in the termination of the individual's employment
- Several studies have shown a root cause of employee absenteeism is related to how an individual perceives him or herself at work more than any circumstances at work

Physical Cost

- A regional study conducted over a five-year period among 10 electric providers and contractors produced the following information:
 - Sixty percent of accidents resulting in minor and major injuries, as well as fatalities, occurred on days when crews were merged because of employee absenteeism or when workers had to double up because of absenteeism
 - Accident investigations revealed that the two reasons given most often for the accidents were when supervisors worked with people whose abilities they were not sure of and when workers assumed the other workers knew how the crew works as a team

Monetary Cost

- A Journeyman Electrical Worker making \$25 dollars an hour may decide he or she can afford to take a day off and lose \$200 in wages
 - The cost to the company of this worker taking a day off is much more than just his or her wages
 - Like an iceberg, the \$200 cost to the employee for taking the day off is only the readily-seen tip of the money involved