



# Work and Cannabis:

## They Just DON'T Mix



### Cannabis can affect how you work.

- Difficulty in concentrating, thinking clearly, and making decisions
- Dizziness, drowsiness, disorientation, and confusion
- Slowed reaction times
- Lack of coordination
- Tendency to be confrontational and aggressive
- Lack of interest in job



Impairment can last for more than 24 hours after use.



### It's not just Cannabis.



Other causes of impairment include:



Other drugs



Fatigue



Alcohol



Stress from life



## Curious About Cannabis?

### Know why you want to use it.

Will it help you in some way or make things worse?

### Delay as long as possible.

Early cannabis use can affect your ability to learn, remember, and focus.

**Be sure of your source.** Legal cannabis is tested for quality and safer than cannabis you may get from a dealer or friend.

**Avoid combining cannabis** with other substances or alcohol.

**Don't drive after using cannabis.** Find another way to get to your next destination or stay put.

**Consider your surroundings** if you do decide to use cannabis. Who are you with and are there hazards nearby?



### Your Responsibilities as a Worker:

- Tell your supervisor about anything that might affect your ability to do your work safely
- Work in a safe manner
- Follow procedures
- Report any concerns to your supervisor



### What the Law Says

In most provinces and territories, people aged 19 or older can possess up to 30 grams of dried cannabis or equivalent.

Most workplaces prohibit cannabis use, similar to alcohol and other drugs.

**Be sure to check your province's specific laws here:**

<http://bit.ly/cannabislaws>



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