

— DRUG AND ALCOHOL ABUSE



WHY AND HOW

Drug and Alcohol Abuse is habitual taking of alcohol and illegal drugs.

However prescribed medications such as painkillers, sleeping pills and tranquilizers are sometimes abused as well.



People can experience problems with drugs and or alcohol use, regardless of age, race, background or the reason they started abusing.

Prolonged exposure to drugs can result in powerful cravings to use more.

According to a 2016 study by the World Health Organisation 5% of all deaths between the ages 15-29 are attributable to alcohol use.

Drugs also create brain changes that make it extremely difficult to quit by sheer force of will.

TOP FIVE CAUSES OF DRUG AND ALCOHOL ADDICTION

- Family history of addiction
- Peer pressure
- Mental health disorders
- Early usage
- Taking highly addictive drugs and alcohol



HOW DRUG AND ALCOHOL ADDICTION DEVELOPS

If the drug or alcohol fulfills a valuable need. You may find yourself increasingly relying on drugs/alcohol to calm or energize yourself or make you more confident. You may also start abusing prescribed drugs to relieve pain, cope with panic attacks, or improve concentration at school or work.

Drug and alcohol abuse may start as a way to socially connect. People often try drugs for the first time in social situations with friends and acquaintances. A strong desire to fit in to the group can make it feel like doing the drugs with them is the only option.

Problems can sometimes sneak up on you. Smoking a joint with friends over the weekend, or taking ecstasy at a rave, or painkillers when your back aches, for example, can change from using drugs a couple of days a week to using them every day.

SYMPTOMS OF DRUG AND ALCOHOL ADDICTIONS

- Abrupt changes in mood
- Stronger symptoms of mental illness
- Hallucinations and delusions
- Changes in appearance
- Chronic physical health conditions
- Cravings and withdrawal
- Lying and manipulative behavior
- Neglectfulness
- Blaming others for life problems



EFFECTS OF DRUG AND ALCOHOL ABUSE

The possible long-term effects include;

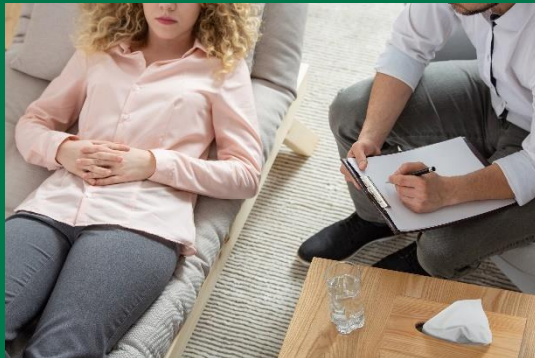
- **Health Complications:** Substance abuse can lead to heart attacks and injecting drugs can result in collapsed veins and infections in your heart valve
- **Legal Consequences:** Drug/alcohol abuse can have lifelong legal consequences. Many employers also require that you take a drug test before offering you a job and conduct random drug tests, even after you become an employee. Refusing to give up drugs could result in unemployment
- **Financial Problems:** Drugs and alcohol are expensive, especially when you're using them frequently. They also impact your success at work and in school
- **Injuries and Death:** When using drugs/alcohol you are more likely to experience physical injury or be involved in car accidents. You also have an increased risk of suicide

HOW TO MANAGE DRUG AND ALCOHOL ABUSE

Behavioural Therapies

Some people will need therapy to help with their addiction, but you can help by

- Motivating people to participate in drug treatment.
- Teaching people ways to avoid drugs and prevent relapse.
- Helping individuals deal with relapse if it occurs.



Medication

In some cases, medication will be needed to help people addicted to drugs.

- Individuals addicted to opioids can have medical treatments such as methadone, buprenorphine, and naltrexone.
- Medication such as varenicline is available for individuals addicted to tobacco.



AVOIDING DRUG AND ALCOHOL ABUSE

Here are the top five ways to help prevent drug abuse:

- 1. Deal with peer pressure.** Peer pressure can be used to push people into doing things they wouldn't normally do. In these cases, you need to find a better group of friends that won't pressure you into doing harmful things, or you need to find a good way to say no.
- 2. Deal with life pressure.** People today are overworked, and often feel like a good break or a reward is deserved. To prevent using drugs as a reward, find other ways to handle stress and unwind such as, exercising, reading, and volunteering with the needy.
- 3. Seek help for mental illness.** Mental illness and substance abuse often go together to ease pain. Those suffering from mental illness, such as anxiety, depression or post-traumatic stress disorder should seek the help of a trained professional.
- 4. Examine the risk factors.** A history of substance abuse in the family, living in a social setting that glorifies drug abuse and/or family life that models drug abuse can be risk factors you need to be aware of to prevent yourself becoming addicted.
- 5. Keep a well-balanced life.** People can take drugs when something in their life is not working, or when they're unhappy about their lives. Make sure to look at life's big picture and have your priorities in order.

PUMA ENERGY'S STANCE ON DRUGS AND ALCOHOL

Prohibited Actions: Puma Energy's drugs & substance abuse policy prohibits:

- Appearing at work or on company business while under the influence of alcohol or illegal or illicit drugs.
- Using, possessing, distributing, transporting, buying, selling or promoting illegal drugs or alcohol while at work or on company worksite.

Failure to comply can result in disciplinary actions, including termination of the employee.

Exemptions for Alcohol Consumption: Puma Energy makes the following exemptions for alcohol consumption:

- Social or business functions that Puma Energy sponsors where alcohol is served.
- Entertaining clients or prospective clients where alcohol is served.

However, even at these events, employees may not consume alcohol to the point of intoxication or to the point where they endanger their own safety or the safety of others. In addition, employees involved in security and employees who drive or work with heavy/dangerous machinery/materials may not consume any alcohol at these functions if they will be returning to work that same day.

THANK YOU

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