

# EFFECTS OF DRUG AND ALCOHOL ABUSE



## HEALTH COMPLICATIONS

Drugs can increase the risk of heart attacks and collapsed veins.



## LEGAL CONSEQUENCES

Getting in trouble with the law over drugs or failing a drug test at work can result in unemployment.



## FINANCIAL STRUGGLE

Drugs are expensive. This money could be used for other needs. They also affect your ability to succeed at work.



## INJURIES AND DEATH

Using illicit substances, you are more likely to experience physical injury or suicide.

# PREVENT DRUG ABUSE BY:

- Not giving in to peer pressure
- Finding alternative ways of dealing with life pressures
- Seeking help for mental illness
- Keeping a well-balanced life
- Examining how likely you are to abuse

# — DRUG AND ALCOHOL ABUSE

The habitual taking of alcohol and illegal drugs or prescribed medications such as painkillers, sleeping pills and tranquilizers.

Using drugs and alcohol may start as a way to connect with people, but problems can sneak up on you...



# CAUSES OF ADDICTION INCLUDE:

- Family history
- Peer Pressure
- Mental Health problems
- Early use



## Signs of Drug and Alcohol misuse:

- Changes in mood
- Hallucinations
- Cravings and Withdrawal
- Lying and manipulative behavior



# HOW TO MANAGE DRUG AND ALCOHOL ABUSE

# PUMA ENERGY'S STANCE ON DRUGS & ALCOHOL

## YOU CAN:

- Drink a small amount of alcohol provided at a social or business function that Puma Energy sponsors.
- Drink a small amount of alcohol provided when entertaining clients or prospective clients.

## YOU CANNOT:

- Appear at work or on company business while under the influence of illicit drugs or alcohol.
- Use, possess, distribute, transport, buy, sell or promote illegal drugs or alcohol while at work.
- Consume any alcohol at a social function if you work in security, drive, or operate heavy machinery and need to return to work after the event.
- Consume alcohol to the point of intoxication at any Puma Energy event.

5%

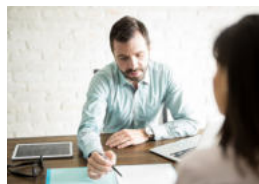
OF ALL DEATHS BETWEEN THE AGES 15-29 ARE ATTRIBUTABLE TO ALCOHOL USE.

WORLD HEALTH ORGANISATION



## BEHAVIORAL THERAPIES

Some people will need therapy to help with their addiction. You can support them by encouraging them to participate in therapy and helping them deal with any relapse.



## MEDICATION

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

For example, varenicline is available for individuals addicted to tobacco.

**FAILURE TO COMPLY CAN RESULT IN DISCIPLINARY ACTIONS, INCLUDING TERMINATION.**