



# American Drug Testing

*Drug-Free Workplace Programs*

Volume 1

Issue 136

(843) 747-4111

## DRUG-FREE WORKPLACE ADVISOR

AN ONGOING SERIES TO PROTECT YOUR COMPANY BY HELPING TO KEEP DRUGS OUT OF YOUR WORK-

### Isn't Marijuana Safe?

With all the talk about "medical marijuana" these days, one might get the impression that marijuana is harmless—or even beneficial. Hardly, as study after study reconfirms that marijuana is a dangerous drug. It's also illegal for any use in most states. Further, marijuana impairment at work can be disastrous. Beyond that though, here are just a few additional problems associated with this dangerous drug.

Inhaling marijuana delivers more carcinogens and toxic chemicals than up to 20 cigarettes. It also dumps as much tar into your lungs as four cigarettes and causes inflammation that can make it harder to fight cancer. Other risks:

Heart strain. In the hour after you smoke a joint, the danger of a heart attack rises

five-fold, say researchers from Boston's Beth Israel

*"In the hour after you smoke a joint, the danger of a heart attack rises five-fold,*

Deaconess Medical Center. Why? Pot boosts levels of a compound called apolipo-



protein III that keeps fats stuck in your bloodstream. Plus, pot revs up your heart rate.

Brain drain. In one study, people with multiple sclerosis who smoked marijuana

were 50 percent slower on a mental-processing test than nonsmokers. They also were more depressed and anxious.

Weakened immunity. THC, the pot ingredient that eases pain and makes you high, is also a powerful immune-system downer. In a new study, it triggered tidal-wave increases of "myeloid-derived suppressor cells." What they suppress is your immune system, which can boost your risk for all sorts of infections, encourage existing cancers and throw a monkey wrench into cancer treatments. If your immunity is already compromised, be wary.

Lung damage. Since people tend to inhale pot smoke long and deeply, smoking three to four joints a day may cause as much lung damage as smoking a pack of cigarettes.

Long-term use doubles your odds for coughing, wheezing and chronic bronchitis. If you smoke cigarettes and marijuana, your lungs really take a beating, tripling your odds for progressive lung disease. *Source: The YOU Docs.*

For additional tips, see the "client area" at [www.AmericanDrugTesting.net](http://www.AmericanDrugTesting.net) or call 843-747-4111.

**Online Supervisor Training Program**

Module: Drug-Free Workplace Training - Level 1: Introduction

- How to recognize workplace problems related to employee use of alcohol and other drugs.
- How to intervene in problem situations.
- How to avoid enabling and common supervisor traps.
- How to identify illegal drugs and drug paraphernalia
- The linkage between drug and alcohol problems and performance problems
- How to identify and investigate crisis situations
- How to recognize workplace problems related to employee use of alcohol and drugs
- How to avoid enabling and common supervisor traps

#### Supervisors will learn:

- How to identify illegal drugs and drug paraphernalia
- The linkage between drug and alcohol problems and performance problems
- How to identify and investigate crisis situations
- How to recognize workplace problems related to employee use of alcohol and drugs
- How to avoid enabling and common supervisor traps



Exceeds requirements for supervisor training as outlined by the U.S. Department of Transportation.

Only \$129 per Person  
Contact us at 843-747-4111



#### The Drug-Free Workplace Advisor

is published by American Drug Testing, a leading drug-free

workplace administrator and testing company. Call (843) 747-4111.

#### Distribution List

- \_\_\_\_\_ HR
- \_\_\_\_\_ Management
- \_\_\_\_\_ Office Staff
- \_\_\_\_\_ Manufacturing
- \_\_\_\_\_ Transportation
- \_\_\_\_\_
- \_\_\_\_\_