

**DRUGS FOR WHICH INDIVIDUALS ARE TESTED
(Effects and Signs of Use)**

1. MARIJUANA (dope, grass, joint, hash, hooch, weed, smoke)

Marijuana use produces a euphoric state (called a "high") followed by a feeling of being sleepy. Marijuana intoxication (that is, the effects of taking the drug) reduces the ability of a person to concentrate and to learn, and decreases a persons' muscular ability. Physical signs may include rapid, loud talking and bursts of laughter in early stages of intoxication, forgetfulness in conversation (i.e., what was I saying, or may simply trail off), inflammation in whites of eyes; pupils unlikely to be dilated, odor similar to burnt rope on clothing or breath, tendency to drive cars slowly, and distorted sense of time passage, tendency to overestimate time intervals. For at least 4-6 hours after taking marijuana, a person will not be able to function normally. Long-term effects include irritability, sleep disturbances, gastrointestinal distress, sweating and tremors.

2. COCAINE (coke, crack)

This drug is an alkaloid of the coca plant. Effects on users may include a heightened sense of alertness, feelings of unusual strength and awareness of surroundings. Physical signs may include runny nose, cold or chronic sinus/nasal problems, and/or nosebleeds. Paraphernalia including small spoons, razor blades, mirror, little bottles of white powder, plastic, glass or metal straws, glass pipes, and miniature blowtorches may be found in and around worksite. Cocaine users may also exhibit excessive physical activity. The long term effects a person may have after using cocaine include exhaustion, feeling tired, depression, seizures, heart disease and death.

3. PHENCYCLIDINE (PCP, angel dust)

PCP is a synthetic drug that has no known medical use. Its effects include blurred vision, confusion, and hallucinations, including aggressive, violent or bizarre behavior, rigid muscles, strange gait, and deadened sensory perception (may experience severe injuries while appearing not to notice). PCP is most frequently found in tablets, powder, or mixed with marijuana or leafy herbs for smoking. Many illicit drugs may contain PCP. When used with cocaine the combination is called "space blasting." High dosage PCP use may result in a coma, breathing problems or death.

4. OPIATES (heroin, morphine - "designer drugs')

There are many sources of this drug including the opium poppy and synthetic formulas. While not as common in the workplace as other drugs, the effects are devastating because of the user's need to use increasingly strong doses to obtain and sustain the "high" and avoid physical withdrawal symptoms. These effects may include drowsiness, mental confusion, and decreased alertness. During withdrawal, users may exhibit nausea, diarrhea and hallucinations. These drugs are highly addictive and large doses or long term use can be fatal. Physical signs may include constricted pupils that fail to respond to light, redness and raw nostrils from inhaling heroin in powder form, possibly traces of white powder on nostrils, and scars (tracts) on inner arms or other parts of body from needle injections. Drug paraphernalia including syringes, bent spoons, bottle caps, eye droppers, rubber tubing, cotton and needles may be left in lockers at work or hidden in and around the worksite.

5. AMPHETAMINES (speed, bennies, uppers, methamphetamine)

This family of synthetic drugs is currently used by more than 2 million Americans without medical supervision. Their effect as a stimulant (making a person feel abnormally energetic or active) are similar to cocaine and may result in exhaustion and deteriorating performance as the immediate effects of the drug wear off. Physical signs include dilated pupils (when large amounts are taken), dry mouth and nose, bad breath, frequent lip licking, excessive activity, difficulty sitting still, lack of interest in food or sleep, irritable, argumentative, nervous, and talkative but conversation often lacks continuity, changes subject rapidly.