

# Enjoy the last days of Summer Responsibly. Substance Use Impacts Safety.

Summer is a time you work hard, and might also play hard. Keep in mind as you engage in Summer fun, your choices may still impact workplace safety.

- Know your limits and practice moderation if drinking. Working hungover can impair your ability to work safe and efficiently.
- Prescription drugs are not always “safer”. These drugs should only be taken according to a doctor’s orders and only by the person they are prescribed to.
- Even if you use a substance outside of work-time, it may stay in your system for varying lengths of time. Substance use, even off the job, can jeopardize the safety of you and others.
- If you’re struggling to manage your alcohol or substance use, counselors are available to offer free, confidential help.



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