

General Training: All Staff

Unrestricted Attendance / Workshops 1½ hours

Topics include:

1. Drugs & Alcohol in New Zealand

- Alcohol misuse & abuse
 - Defining a standard drink
 - Beer, wine, spirits, pre-mixes
- Drugs available
 - Illicit, restricted,
 - Synthetics
 - Party drugs
 - Medications (prescription & non-prescribed)
- Recent trends in alcohol & drug abuse

2. Effects of Substance Abuse on the Mind & Body

- Drug categories & affects
 - Depressants
 - Stimulants
 - Hallucinogenics
 - Anabolic Steroids
- Metabolising alcohol
 - How much, how fast?
- Adverse effects on
 - Personal lives
 - Workplace
 - Society
- Use/Misuse/Abuse/Addiction



3. Workplace Drug & Alcohol Policy & Procedures

- Drug & Alcohol Free Workplace Programme
 - Policies & procedures
 - Training for managers & staff
 - Testing to international standards
 - Rehabilitation

- When can you be tested?
- What substances are tested for?
- What if you refuse?

- What if you test positive?
- How can you access rehabilitation?

4. The Drug & Alcohol Testing Process

- Breathalyser Testing for Alcohol
- Drug testing to AS/NZS 4308:2008

- Oral fluid testing: AS/NZS 4760:2019
 - Informed consent

- Collecting specimens: NZQA qualified collectors
- Screening: NZQA qualifications or laboratory
- Confirmation: accredited laboratory
- Expanded panel testing: accredited lab
- Cut-off concentrations for each drug
- Diluents, adulterants, substitution
- Interpretations & retesting options

Detection periods following drug & alcohol use



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