



# IMPAIRMENT

## Spot the Signs of Impairment and Take Action

Impairment risks are everyone's responsibility.



### Spot the signs

Are you or a coworker less focused than usual or unable to stay on task? Consider alerting others and evaluate the situation safely.



### Start the conversation

If you don't feel like yourself, assess your reactions and be honest with how you're feeling. For others, ask how they are feeling and if they need to take a short break. It's not always easy to have this conversation, but ignoring it could put others at risk.



### Ask for assistance

If you cannot work safely, ask for assistance from your supervisor or someone nearby. Do the same for any coworkers showing signs of impairment.



### Know your policies

You can help prevent impairment-related hazards by learning more about your workplace's policies. Ask your supervisor or human resources department about available employee assistance programs and don't be afraid to seek out help when you need it.



**Alcohol, cannabis, prescription drugs** and **fatigue** can all cause impairment, no matter your prior experience. Stay alert and help keep your workplace safe.

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