

Northwestern Health Unit



Series 2 – Substance Abuse Prevention in the Workplace

Part B: Cannabis





Introductions



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Audio and PPT

This presentation is part B of a substance abuse prevention in the workplace series by the Northwestern Health Unit.

Should you choose, an audio presentation accompanies these slides. Please follow along.



Cannabis

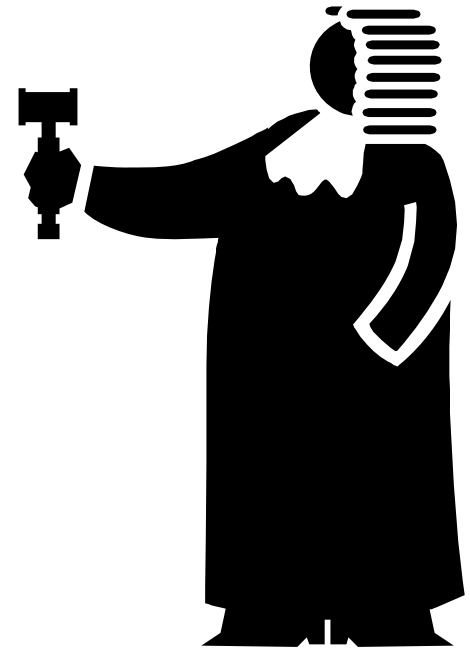
The overall purpose of this presentation is to understand how cannabis affects the body and the risks associated with use and abuse.

Cannabis Discussion Topics

- ◆ What is Cannabis?
- ◆ How is Cannabis Used?
- ◆ Effects of Cannabis
- ◆ Short term Effects
- ◆ Long Term Effects

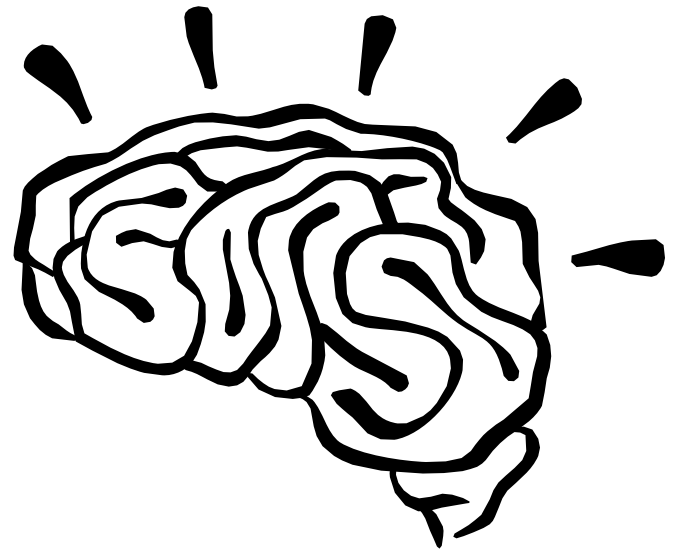
Cannabis Discussion Topics con't

- ◆ Tolerance & Dependency
- ◆ Cannabis in the Workplace
- ◆ Legal Risks
- ◆ Conclusion
- ◆ For More Information



What is Cannabis?

- ◆ Most widely used illegal drug in Canada
- ◆ Marijuana, hashish, hash oil
- ◆ Mind altering drug
- ◆ THC



How is Cannabis Used?

- ◆ Smoked
- ◆ Mixed in food or tea





Effects of Cannabis

Depends on several factors:

- ◆ Amount taken at one time
- ◆ User's past drug experience
- ◆ How it is taken
- ◆ Circumstances when used

Short Term Effects

- ◆ Feelings of euphoria or “high”
- ◆ Talkativeness, laughter, giggles
- ◆ Impairs coordination & reaction time
- ◆ Red eyes, dry mouth, drowsy



Short Term Effects

- ◆ Increased appetite
- ◆ Distorts visual & sensory perception
- ◆ Tense, anxious, fearful & confused



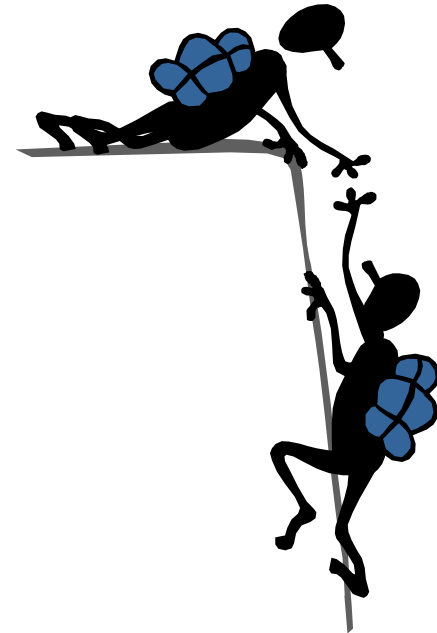
Long Term Effects

- ◆ Risk of cancer
- ◆ Bronchitis
- ◆ Difficulties with concentration & memory
- ◆ Less motivation
- ◆ Dependency



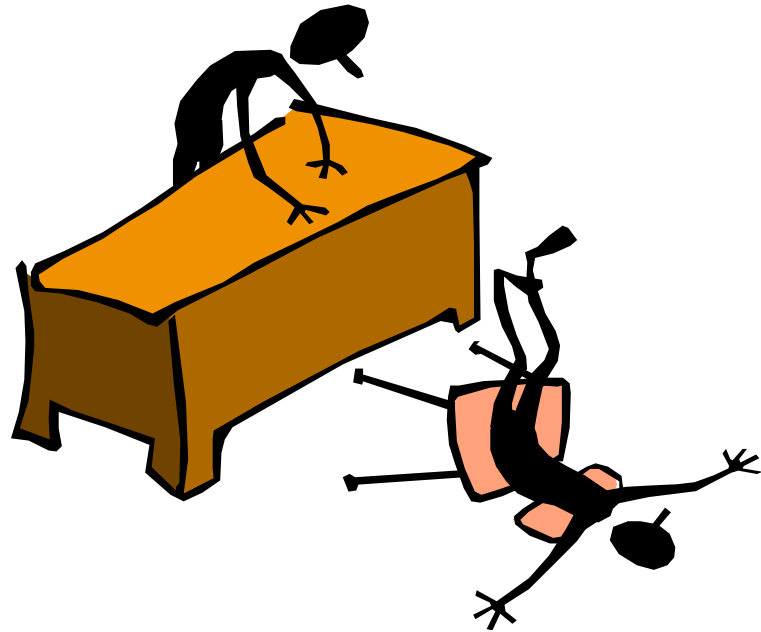
Tolerance & Dependency

- ◆ Increased use = tolerance & dependency
- ◆ Psychological dependence
- ◆ Physical dependence



Cannabis in the Workplace

- ◆ Safety risks



Legal Risks

- ◆ Cannabis is illegal
- ◆ Driving under the influence



Conclusion

- ◆ Education
- ◆ Workplace Values
- ◆ Policy





For More Information

The Canadian Centre on Substance Abuse
Alberta Alcohol and Drug Abuse Commission
Centre for Addiction and Mental Health
Drug & Alcohol Registry of Treatment

Addictions Foundation of Manitoba

www.ccsa.ca
www.aadac.com
www.camh.net
www.dart.on.ca
1-800-565-8603
www.afm.mb.ca