

Supporting your fitness for work

Alcohol, drugs and gambling in the workplace

Employees can improve their own health and their ability to work safely.

As an employee, you deal with stresses every day at work and at home. To be healthy and safe, you need to look after your physical, mental, emotional and spiritual health. You may be more energetic and less likely to be involved in an accident. You may also be sick less often and able to recover from illness more quickly.

What you can do to be healthy and safer on the job

- Eat well, exercise regularly, get enough sleep and get regular medical checkups.
- Reduce or stop behaviour that puts your health at risk, like smoking, drinking alcohol or using other drugs.
- Find healthy ways to deal with stress.
- Get support with the ups and downs of everyday living from friends, family, co-workers and your spiritual community.
- Get professional help to deal with personal problems.
- Participate in workplace wellness programs or committees.

Fitness for work: The need for you to come to work fit to do your job

Everyone shares the responsibility for a safe worksite. Working together, you and your co-workers can make improvements to your workplace. Here are some things you can do:

- Come to work with no trace of alcohol or other drugs in your system.
- Remember that your activities outside of work could affect your ability to work.

- If you are concerned about your own or a co-worker's fitness for work, talk to someone in your community, such as health-care professionals, employee assistance programs, mutual support groups, and workplace managers, supervisors and union representatives.

How much is too much?

Any abuse—even if it's one time—can negatively affect your fitness for work. The effect substance use and gambling has on your life may determine whether you have a problem. Are you having problems in any of these life areas as a result of your substance use or gambling?



If you are concerned about your own or someone else's drinking, other drug use or gambling, Alberta Health Services is here to help. We offer a network of services across Alberta providing confidential, professional and caring support.

For more information and to find an addiction services office near you, please call the 24-hour Helpline at 1-866-332-2322.