Think you can drink or use drugs and still do your job well? Read on...

Blood alcohol concentrations of .05 or more are considered unsafe for driving in most states. But as little as .03 will affect your job performance.

Alcohol and many drugs cause:

- slower reaction time
- increased injury rates
- increased errors
- carelessness
- fatigue
- poorer problem-solving skills
- lower productivity
- more absences

Drinking can affect your health and safety and the health and safety of those you work with. It can also cost you your job.

Think you might need help? See your employee assistance professional or check your phone book's community resources pages under "Alcohol and Drug Abuse." You'll find the help you need.