The information in this brochure is NOT an anti-drinking or anti-drugs program. It is provided to inform you about alcohol and drugs so you can make educated decisions.

How do MIGAS and Host Companies test for Drugs and Alcohol at work?
When working on some worksites in Australia, drug and alcohol testing is a requirement of your employment with a Company. With MIGAS, we have several sites and businesses that we work with that require mandatory drug and alcohol testing prior to starting work on a site and at regular intervals when working on that site. Here is a list of possibilities that you could come across in relation to drug and alcohol testing in the workplace in Australia:

- **Pre-Employment Drug and Alcohol**: Testing can include a hearing test, lung test, blood pressure, eye test, Musculoskeletal Assessment, urine analysis, drug and alcohol testing as part of recruitment process. Other requirements might be precautionary dependant on the site (e.g. lead testing where a risk of lead is present in the air).

- **Reasonable Cause Drug and Alcohol**: If an employee’s behaviour is giving reasonable cause to suspect they may be under the influence of drugs or alcohol, then they might be subject to a drug and alcohol test.

- **Post-Incident Drug and Alcohol**: After a workplace accident or incident the Supervisor might deem it necessary for the employee to undergo a drug and alcohol test. Serious incidents (like car accidents) might require testing at the hospital straight after an incident as required by law.

- **Workplace Program Drug and Alcohol**:
  - Random testing of a few people from the workplace
  - Blanket testing (all people – including management – on the site are tested)
  - And self testing (appropriate to the site – some workplaces have breath tests at the gates to use before going onsite).

Who can you call if you or a family member have a problem with and Drugs and/or Alcohol?
Where to go for help if you or someone you know has problems with alcohol or drugs:

- **NSW**: 1800 422 599
- **QLD**: 1800 177 833
- **VIC**: 1800 888 236
- **WA**: 08 9442 5000
- **NT**: 1800 131 350
- **SA**: 1300 131 340
- **TAS**: 1800 811 994

**DISCLAIMER ABOUT THIS INFORMATION**: All information in this brochure has been provided for MIGAS Apprentices and Trainees employees and is provided strictly as an educational resource. In no event shall MIGAS Apprentices and Trainees be liable for any incidental or consequential damages resulting from use or reliance upon any of the information provided. Any advice contained in this brochure has been prepared without taking into account your personal objectives, situation or needs. Before acting on any advice in this brochure, MIGAS Apprentices and Trainees recommends that you consider whether it is appropriate for your circumstances and you should always consult a qualified medical practitioner if you have concerns over your own health and wellbeing.
What is a Drug?
A Drug is a substance which changes the way the body or mind functions. Types of drugs can include:
- Drugs which affect a person’s central nervous system (brain)
- Things that can change the way a person thinks, feels and behaves
- Legal drugs (alcohol, caffeine and tobacco)
- Illegal drugs (cocaine, heroin and marijuana)
- Prescribed drugs (e.g. tranquillisers and pain killers)

Most people take AT LEAST one form of drug everyday (coffee, for example). People often fall into the trap of just looking at a detection period table and expecting that the time period stated in the table will apply to them. The problem with this is that although detection period tables can be helpful in providing a general guide, they also have major limitations. The following table presents some of these limitations.

Everybody is different
People have different metabolic rates, ages and general health status (for example fitness and disease). All people tend to break down drugs at different speeds. Even if 2 people consume the same amount of a drug, they will most likely have different concentrations of the drug in their system over time.

Drug consumption is different
Some people might consume a large amount of a drug, while others consume less. Also some people might frequently consume a drug and others only occasionally. Frequent use of a drug can increase the amount of drug/metabolite in the body and take longer to remove.

Different route of Administration
If a drug is smoked as opposed to injecting it, this could lead to markedly different detection periods.

Cut-off levels are not always consistent
If you take an illegal drug you will have no idea of the concentration or how much you have taken in relation to a drug test so you cannot accurately detect the rates that it will leave your body.

Having noted this general warning, a detection table is presented on the following page. As with all information provided in this brochure, the information is subject to the disclaimer policy which can be viewed in full on page 1. This table assumes that the Australian Standard cut-off levels are used for the applicable substances listed.

Detection period tables should not be relied upon to determine detoxification time or to determine when a person will provide a negative result to a drug test. We have provided some additional information under detection periods which should be helpful for people wanting to understand this issue more thoroughly.

Substances detected through Drug and Alcohol Testing

<table>
<thead>
<tr>
<th>Substance or Metabolite</th>
<th>Positive Result Levels (µg/l)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Benzodiazepines</td>
<td>200</td>
</tr>
<tr>
<td>Cannabis metabolites</td>
<td>50</td>
</tr>
<tr>
<td>Amphetamine type substances</td>
<td>300</td>
</tr>
<tr>
<td>Cocaine metabolites</td>
<td>300</td>
</tr>
<tr>
<td>Opiates</td>
<td>300</td>
</tr>
<tr>
<td>Alcohol</td>
<td>0.00% Blood Alcohol Concentration</td>
</tr>
</tbody>
</table>
### Drug detection times for Amphetamines

<table>
<thead>
<tr>
<th>Substance and way of ingestion</th>
<th>Examples of Proprietary or Street Names</th>
<th>Medical Uses</th>
<th>Method of Testing</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Amphetamine</strong> <em>(Injected, oral, smoked or sniffed)</em></td>
<td>Dexamphetamine Black Beauties, Crosses, Hearts</td>
<td>Attention deficit hyperactivity disorder (ADHD), obesity, narcolepsy</td>
<td>1 - 3 days 12 hours</td>
</tr>
<tr>
<td><strong>Cocaine</strong> <em>(Injected, smoked, sniffed)</em></td>
<td>Coke, Crack, Flake, Rocks, Snow</td>
<td>Local anaesthetic</td>
<td>0.5 - 3 days 2 - 5 days</td>
</tr>
<tr>
<td><strong>Methyl-amphetamine</strong> <em>(Injected, oral, smoked, sniffed)</em></td>
<td>Crank, Crystal, Glass, Ice, Speed</td>
<td>ADHD, obesity, narcolepsy not available for medical use in Australia</td>
<td>1 - 3 days 1 - 3 days</td>
</tr>
</tbody>
</table>

### Drug detection times for Hallucinogens and Other Compounds

<table>
<thead>
<tr>
<th>Substance and way of ingestion</th>
<th>Examples of Proprietary or Street Names</th>
<th>Medical Uses</th>
<th>Method of Testing</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>LSD</strong> <em>(Oral)</em></td>
<td>Acid, Microdot</td>
<td>None</td>
<td>8 hours 0 - 3 hours</td>
</tr>
<tr>
<td><strong>Psilocybin</strong> <em>(Oral)</em></td>
<td>Magic Mushroom, Purple Passion, Shrooms</td>
<td>None</td>
<td>8 hours 0 - 8 hours</td>
</tr>
<tr>
<td><strong>Amphetamine and Phenethylamine variants</strong> <em>(Oral)</em></td>
<td>DOB, DOM, MDA, MDMA, MDEA, 2C-T2, 2C-B, PMA, MBDB, 4MTA Adam, Ecstasy, Eden, Eve, Nexus, STP, XTC</td>
<td>None</td>
<td>1 - 3 days 25 hours</td>
</tr>
<tr>
<td>*<em>Marijuana or Hash (active ingredient Tetrahydro-cannabinol) (Oral, smoked)</em></td>
<td>Grass, Herb, Hash, Hash Oil, Pot, Reefer, Smoke, Weed</td>
<td>None</td>
<td>Casual user 1-2 days Moderate user up to 10 days Chronic user 10-28 days Up to 24 hours</td>
</tr>
</tbody>
</table>
## Drug detection times for Opioids and Morphine Derivatives

<table>
<thead>
<tr>
<th>Substance and way of ingestion</th>
<th>Examples of Proprietary or Street Names</th>
<th>Medical Uses</th>
<th>Method of Testing</th>
<th>Urine</th>
<th>Saliva</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Codeine (Injected, oral)</strong></td>
<td>Aspalgin, Codiphen, Codis, Codral, Dymadon, Panamax Co, Mersyndol, Panadeine, Panalgesic</td>
<td>Analgesic, antitussive</td>
<td>1 - 2 days</td>
<td>2 - 3 days</td>
<td></td>
</tr>
<tr>
<td><strong>Heroin (Injected, smoked, sniffed)</strong></td>
<td>Diacetylmorphine, Horse, Smack</td>
<td>None</td>
<td>1 - 2 days</td>
<td>1 - 2 days</td>
<td></td>
</tr>
<tr>
<td><strong>Morphine (Injected, oral, smoked)</strong></td>
<td>Anamorph, Kapanol, Morphalgin, MS Contin, Sevredol</td>
<td>Analgesic</td>
<td>1 - 2 days</td>
<td>1 - 2 days</td>
<td></td>
</tr>
<tr>
<td><strong>Methadone (Injected, oral)</strong></td>
<td>Phyeptone, Methadone Syrup</td>
<td>Analgesic, treatment for opiate dependence</td>
<td>3 days</td>
<td>24 hours</td>
<td></td>
</tr>
</tbody>
</table>

## Drug detection times for Depressants

<table>
<thead>
<tr>
<th>Substance and way of ingestion</th>
<th>Examples of Proprietary or Street Names</th>
<th>Medical Uses</th>
<th>Method of Testing</th>
<th>Urine</th>
<th>Saliva</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Alcohol (oral)</strong></td>
<td>Beer, Wine, Spirits</td>
<td>Antidote for methanol poisoning</td>
<td>6 - 10 hours</td>
<td>12 hours</td>
<td></td>
</tr>
<tr>
<td><strong>Barbiturates (Injected, Oral)</strong></td>
<td>Phenobarbitone, Barbs</td>
<td>Anaesthetic, anticonvulsant, hypnotic, sedative, also used by vets</td>
<td>2 - 10 days</td>
<td>1 - 2 days</td>
<td></td>
</tr>
<tr>
<td><strong>Benzodiazepines (Injected, Oral)</strong></td>
<td>Ativan, Halcion, Normison, Rohypnol, Valium, Rivotril, Roofies, Serepax, Tranks, Xanax</td>
<td>Anxiolytics, anticonvulsant, hypnotic, sedative</td>
<td>Valium: 3-12 days</td>
<td>16 - 48 hours</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Serum: 1 - 3 days</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Xanax: 1 - 3 days</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Normison: 1 - 3 days</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Rohypnol: 1 - 2 days</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Rivotril: 3 - 8 days</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Mogadon: 3 - 7 days</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
**ECSTASY**

Possible consequences:
- Chronic sleep problems
- Cracked teeth through grinding
- Memory impairment and many more...

Did you know?
The effects of ecstasy are numerous and complex, and severe reactions are unpredictable.

Source: Green AR, Goodwin GM. Ecstasy and neurodegeneration. BMJ 1996; 312: 149-150

**SPEED**

Possible consequences:
- Cracked teeth through grinding
- Violent behaviour
- Speed psychosis and many more...

Did you know?
Speed psychosis, which resembles paranoid schizophrenia, is common with amphetamine overdose.


**MARIJUANA**

Possible consequences:
- Anxiety and depression
- Lowered sex drive
- Respiratory illnesses and many more...

Did you know?
A conviction with marijuana – or any type of drug – could prevent you from travelling to a lot of countries.

Source: Denise Young, Executive Director of DRUG ARM in Brisbane
Drugs, Alcohol and YOU

**HEROIN**

- High risk of addiction
- Depression
- Death from overdose and many more...

**Did you know?**
Most heroin is mixed with other substances like glucose, caffeine, sugar and paracetamol, which can cause the end product to be highly poisonous.


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**ICE**

- High risk of dependence (addiction)
- Chronic sleep problems
- Memory loss and many more...

**Did you know?**
Some ice users feel as though bugs are crawling under their skin, and dig at their arms until they are pitted with sores.


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**COCOAINE**

- Depression
- Cocaine psychosis
- Violent or erratic behaviour and many more...

**Did you know?**
When cocaine and alcohol are mixed, they produce a substance in the blood called "cocaethylen", which can be even more toxic than cocaine alone.

Driving a motor vehicle safely is a complex task. We must be mentally alert, have clear vision and good physical coordination. Random roadside drug testing uses a saliva sample to detect illicit (illegal) drugs. A sample of the driver’s saliva is taken by specially-trained police officers, using an absorbent collector placed in the mouth or touching the tongue. This test takes about three to five minutes. If the test is positive, it must be confirmed by laboratory testing before charges can be laid.

Roadside saliva tests detect drugs that contain:
- THC (Delta-9 tetrahydrocannabinol), the active component in cannabis
- Methamphetamine, which is found in drugs such as “speed”, “base”, “ice”, and “crystal meth”
- MDMA (Methylenedioxymethamphetamine), which is known as ecstasy.

These tests do not detect the presence of legally prescribed drugs or common over-the-counter medications.

Taking more than one drug
People who have more than one drug in their system will be more impaired, and have a higher risk of having a car or workplace accident. The risk is increased when the content and purity of illicit drugs are unknown.

MIGAS recommends that prior to making any decision based on any information in this fact sheet, you should obtain independent professional advice from a doctor.
Alcohol Consumption

For healthy men and women, drinking no more than two standard drinks on any day reduces your risk of harm from alcohol-related disease or injury over a lifetime.

Drinking no more than four standard drinks on a single occasion reduces the risk of alcohol-related injury arising from that occasion.

What are the health risks of Alcohol?

The health risks that accumulate over a lifetime from alcohol increase progressively – this means that the more you drink, the greater the risk.

Drinking alcohol can affect your liver or cause brain damage, heart disease, high blood pressure and increases your risk of many cancers.

It may also increase your risk of injury through road trauma, violence, falls and accidental death.

What is a Standard Drink?

A standard drink contains 10 grams of pure alcohol. It is important to note that drink serving sizes are often more than one standard drink. There are no common glass sizes used in Australia. The label on an alcoholic drink container tells you the number of standard drinks in the container.

It is possible to drink at a level that is less risky, while still having fun. There are a number of things you can do to make sure you stay within low risk levels and don’t get to a stage where you are no longer capable of controlling your drinking.