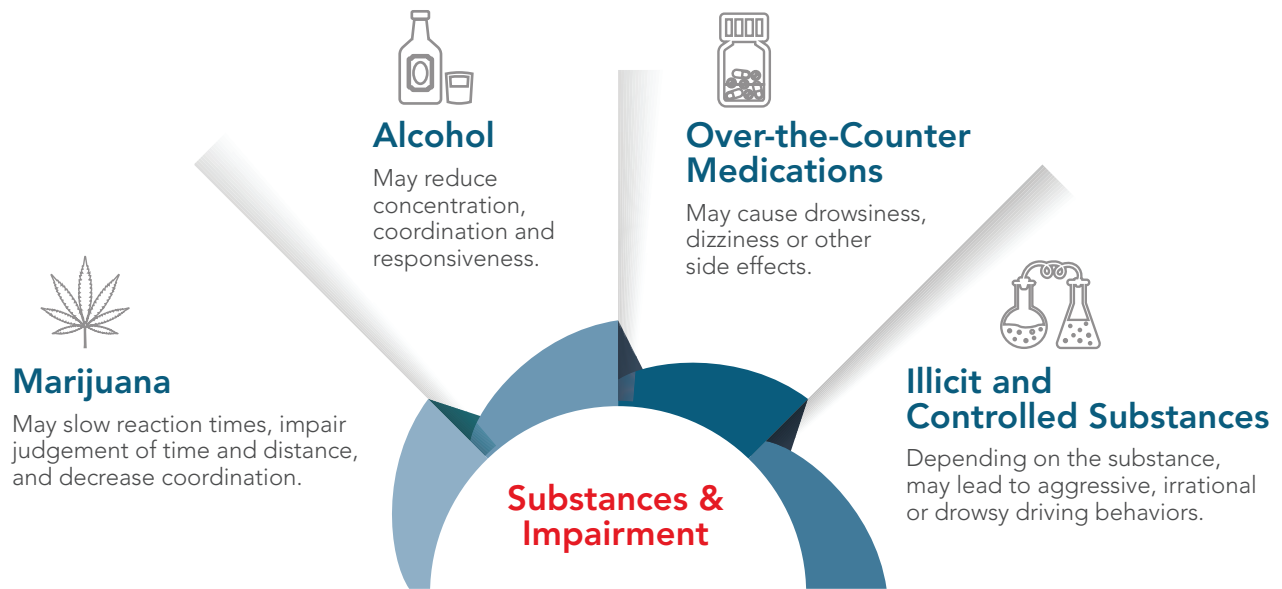




# The Driver: Driving Under the Influence

Regardless of the substance, driving while impaired can cause significant cognitive and functional challenges<sup>1,2</sup>.



If you find yourself in a situation where assistance is needed:

1

**Understand your employer's substance abuse program and policies.**

Many employers have a zero tolerance policy for safety sensitive or critical positions, including driving operations. Consider the risks you take when driving under the influence, which may include employment and legal ramifications.

2

**Do not get behind the wheel.**

Notify your employer that you cannot drive due to medication or substance impairment. When properly prescribed, an employer must accommodate employees per requirements outlined by the American Disabilities Act (ADA)<sup>3</sup> and Accessibility Standards across Canada.

3

**Get help.**

Some employers offer assistance programs for employees and family members who struggle with addiction. Whether you reach out to your employer or seek outside assistance, take action to address the addiction. Request an alternative job role if your use or addiction interferes with your driving tasks.

4

**Utilize these resources:**

[SAMSHA](#)  
1-800-662-HELP (4357)

[HELP.org](#)

[Help for Veterans](#)

[Canadian Centre on Substance Use and Addiction](#)

<sup>1</sup> Illicit & Controlled Substances and OTC Medication: <https://www.nhtsa.gov/risky-driving/drug-impaired-driving#:~:text=Many%20Substances%20Can%20Impair%20Driving,-Related%20Resources%20NHSTA&text=Alcohol%2C%20marijuana%2C%20and%20other%20drugs,drivers%20more%20aggressive%20and%20reckless.>

<sup>2</sup> Marijuana and Alcohol (and others): <https://nida.nih.gov/publications/drugfacts/drugged-driving>

<sup>3</sup> <https://www.ijkel.com/learn/news/092016/What-you-can-and-cant-do-about-prescription-drug-use-at-work>