

## Potential Signs of Substance Use

Category	Examples	Examples of General Effects
<b>Alcohol</b>	beer, wine, spirits	impaired judgement, slowed reflexes, sleepiness or drowsiness, coma; overdose may be fatal
<b>Cannabis</b>	marijuana, hashish	distorted sense of time, impaired memory, impaired coordination
<b>Depressants</b>	sleeping medicines, sedatives, some tranquilizers	inattention, slowed reflexes, depression, impaired balance, drowsiness, coma; overdose may be fatal
<b>Hallucinogens</b>	LSD (lysergic acid diethylamide), PCP (phencyclidine), mescaline	inattention, sensory illusions, hallucinations, disorientation, psychosis
<b>Inhalants</b>	hydrocarbons, solvents, gasoline	intoxication similar to alcohol, dizziness, headache
<b>Nicotine</b>	cigarettes, chewing tobacco,	initial stimulant; later depressant effects
<b>Opiates</b>	morphine, heroin, codeine, some prescription pain medications	loss of interest, "nodding;" overdose may be fatal
<b>Stimulants</b>	cocaine, amphetamines	elevated mood, overactivity, tension/anxiety, increased heart rate and blood pressure

Source: Blume, S.B., "Alcohol and Drug Abuse" in the Encyclopaedia of Occupational Health and Safety 4th edition, International Labour Office, 1998.

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