



# The Supervisor Connection

Winter 2007

Drug Free Workplaces of Tampa Bay  
A project of Drug Free America Foundation, Inc.



## Ready or Not, Here It Comes...

The holiday season is now in full swing. It's time for shopping, vacations and social gatherings. With all of the excitement and fun comes the need for extra awareness and safety. Here are some helpful tips to keep you and those around you safe during this year's holiday season. Don't even think about getting behind the wheel of your vehicle if you've been out drinking.

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Drug Free America Foundation is a 501(c)(3) organization committed to developing, promoting and sustaining global strategies, policies and laws that will reduce illegal drug use, drug addiction, drug-related injury and death.

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- If you are impaired, call a taxi, use mass transit, or get a sober friend or family member to come and get you;
- Stay where you are and sleep it off until you are sober;
- And remember – *Friends Don't Let Friends Drive Drunk*. Take the keys and never let a friend leave your sight if you think they are about to drive while impaired.

Impaired driving is one of America's deadliest crimes. Nationally, more than 17,000 people died in alcohol-related highway crashes during 2003. Every 30 minutes, nearly 50 times a day, someone in America dies in an alcohol-related crash. Hundreds of thousands more are injured each year. According to the National Highway Traffic Safety Administration (NHTSA), about three in every ten Americans will be involved in an alcohol-related crash at some point in their lives.

As a supervisor, it is important to remind everyone this holiday season to always designate a sober driver before each holiday party or event involving alcohol. The holiday season is supposed to be a time for family, friends and festive celebrations, but it is unfortunately also a time when we see a tragic jump in the number of alcohol-related highway fatalities each year between Thanksgiving and New Year's. Designating a sober driver before the party begins is just one of several, simple steps to remember to help avoid a tragic crash or an arrest for impaired driving. Remind everyone that if they are hosting a party this holiday season, always offer alcohol-free beverages during the event and make sure all of their guests leave with a sober driver.

Since 1981, every President of the United States has proclaimed December "National Drunk and Drugged Driving (3D) Prevention Month" to help underscore the public's commitment to preventing impaired driving and to promote the use of designated drivers and sober ride programs. The

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### **Did You Know...**

- *Up to 40 percent of industrial fatalities and 47 percent of industrial injuries can be linked to alcohol consumption and alcoholism.*
- *Individuals who are current illicit drug users are also more likely (12.9 percent) than those who are not (5 percent) to have skipped one or more work days in the past month.*

### **Few Employers Help Workers Quit Smoking, Study Says**

Indoor-smoking bans have made life in the workplace more difficult for addicted smokers, but only 4 percent of large employers offer comprehensive stop-smoking services to employees, the Associated Press reported Dec. 19.

The findings clash with the fact that 82 percent of employers said in a second study from the National Business Group on Health that they believe that they should help workers quit, if for no other reason than it costs firms thousands of dollars a year in lost productivity and smoking-related medical expenses and illness for each smoker they employ.

Smoking is now banned by most large employers, but 78 percent of workers in smoke-free offices said bans alone are not enough to get them to break their addiction. The survey of employers and employees appears in the American Journal of Health Promotion.

*From [www.jointogether.org](http://www.jointogether.org)*

### **Did You Know...**

- *By occupation, the highest rates of current illicit drug use and heavy drinking were reported by food preparation workers, waiters, waitresses and bartenders (19 percent); construction workers (14 percent); service occupations (13 percent); and transportation and material moving workers (10 percent).*

## **FREE Supervisor Training Available!**

Any business owner, manager or supervisor is invited to utilize our **FREE** online supervisor training. The course identifies what a drug free workplace is, state of Florida regulations, drug facts and indicators of drug and alcohol use in the workplace. The convenient 2-hour module is interactive and fast-paced. Users may elect to complete a portion of the training, then return at a later time to finish. The course wraps up with a quiz and a printable certificate of completion.

Also available is our **FREE** workbook, "The Supervisor's Guide for Managing a Drug Free Workplace."

To get your free sign-on instructions, or to order a workbook, please call Karen Belanger, Program Manager, at (727) 828-0211 or e-mail her at [kbelanger@dfaf.org](mailto:kbelanger@dfaf.org).

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month of December and the New Year's Eve holiday are also often highlighted by significant increases in state and local law enforcement efforts to combat impaired driving such as the use of sobriety checkpoints and saturation patrols. Driving impaired or riding with someone who is impaired is simply not worth the risk. The consequences are serious and real. Not only do you risk killing yourself or someone else, but the trauma and financial costs of a crash or an arrest for driving while impaired can be really significant and not the way you want to spend your holiday season.

So remind your employees, "this holiday season, if you catch a buzz, catch a ride."