



## Department-Approved Course Requirements: 2-Hour Drug and Alcohol Awareness

**Course Required for:**

**Worker Training**

**Purpose:**

This course is an elective course that can help fulfill the requirement for an individual applying for a Site Safety Training Card. **THIS IS AN AWARENESS-LEVEL TRAINING ONLY and does not provide any other qualification or authorization outside of the Site Safety Training Card.**

**Duration:**

2 Hours of instructional time, excluding breaks

**Class Size:**

**1-40 Trainees**

**NYC Requirement:**

In order to continue to operate in the City of New York, the designated construction worker is required to complete a minimum number of hours of approved site safety training and to carry site safety identification cards as proof of completion of the training (As per New York City Local Law 196 of 2017 also known as 'LL196' or 'Local Law'). This course provides two hours towards the satisfaction of that requirement.

**Facility Requirements:**

The Training Facility used by the Course Provider must:

- Have sufficient room to accommodate all expected attendees and the equipment needed to perform hands-on exercises where required as part of the course.
- Make provisions for the presentation of training material in all media types (computer, projectors, video/DVD players, etc.); and
- Comply with all applicable laws, rules and regulations relating to occupancy, zoning, egress, fire detection, fire suppression, light, ventilation, cleanliness, sanitary facilities, emergency notification and evacuation procedures.

Training may be held at construction sites, provided the above requirements are met.

**Instructor Requirement:**

To deliver this course the instructor(s) must demonstrate that he or she is credentialed or trained in instructional methods and learning processes. The instructor(s) must also successfully demonstrate his or her ability to solve or resolve problems relating to the subject matter by possession of a recognized degree, certificate, licensure or professional standing, or by extensive knowledge, training, and experience, in the subject matter being taught. To the extent that the course instructor(s) holds, or has held, a trade license issued by the Department, it must be in good standing and not be surrendered to, suspended by or revoked by the Department.

The instructor(s) must also be authorized by the Occupational Safety and Health Administration ('OSHA') as a trainer(s) for its Construction and Outreach Program.

**Curriculum Requirement:**

All **topics** listed under **Course Content Outline** must be covered using the listed **Instructional Delivery Method**. The time dedicated to each outline topic should be appropriate for the course content and can vary depending on the trade or job performed by the trainee. The **Instructional Delivery Materials** used in this course must contain all current applicable NYC Construction Code references, current rules, policies and bulletins.

**Course Curriculum Proposal Package Review:**

A comprehensive review will be performed by the **Department of Buildings** to determine compliance with these Course Curriculum Requirements.

## Instruction Delivery Method

**Media:** Lecture/Discussion, Slide Presentation, Videos, Case Studies

**Handouts:** Slides, references and handbook

**Guided Learning:** Trainees looking information up in handbooks

## Course Content Outline

1. Introduction
  - a. Instructor introduces topic and describes their qualifications and relevant experience for training this module.
  - b. Establish that all trainees can hear and fully understand you i.e. 'raise your hand if you fully understand me' or 'clap your hands if you fully understand me'
  - c. State basic classroom rules, bearings and decorum
    - i. Inform trainees of duration or training and breaks (if any)
    - ii. Remind trainees about limiting distractions (phone use, texting, sidebar conversations)
    - iii. Emergency procedures (location and means of egress, exits or other contingencies)
    - iv. Location of restrooms
  - d. Training Objectives and Expectations:
    - i. Trainees will become generally familiar with adverse effects of drug and alcohol in the workplace.
    - ii. Trainees will be able to recognize problems associated with substance dependency.
    - iii. Explain that the purpose of this training help trainees avoid working while under the influence of drugs and/or alcohol; also adding that this training can help trainees be less susceptible and better at recognizing, avoiding and preventing (RAP) adverse consequences of drug and/or alcohol use and abuse.
    - iv. This training may also help trainees better recognize and understand issues of chemical dependence that may adversely affect the lives of others who they know and love. (Note: This is a pedagogical technique to help with trainee's 'buy-in' to the course material because they will feel this training gives them information they can use beyond the workplace and fulfills a tactic in adult learning called 'What's in it for me,' where workers become more interested in a topic 'takeaway' because it has relevance elsewhere in their lives.) (SAMHSA), in 2014 an estimated 21.5 million Americans aged 12 years or older have a significant problem with alcohol or drugs.  
<https://www.samhsa.gov>
2. Stress that dependence disorders happen to 'normal' people (erase stigma) and reinforce that unsuspecting people can become dependent on chemicals including alcohol.
3. Generally describe illicit use of drugs and the effects of drugs and alcohol in workplaces.
  - a. Prescription and over the counter drugs
  - b. Illicit drugs
  - c. Addictive drugs
4. Describe drug use and impairment in the workplace and the effects of such altered capacity, acuity and the increased risks of injury to themselves, other workers and the public.
5. Drug and Alcohol Use in the Construction Industry
  - a. Illustrative Statistics: Show graphics describing the spread of drug use in the construction industry. Demonstrate, by illustration of statistics, that chemical substance use disorders are prominent and growing in society and disproportionately so in the construction industry.

- b. Introduce references and explain significance of studies from independent sources for example:
  - i. United States Substance Abuse and Mental Health Services Administration (SAMHSA) is the agency within the U.S. Department of Health and Human Services that leads public health efforts to advance the behavioral health of the nation. <https://www.samhsa.gov>
  - ii. Occupational Injury and Employee Substance Use: Rand Center for Health and Safety in the Workplace: A study by the Rand Institute for Civil Justice and Rand Health Effects of Substance Use on Workplace Injuries (Rajeev Ramchand, Amanda Pomeroy, Jeremy Arkes) <https://www.rand.org/research.html>
  - iii. Introduce societal facts about drug and alcohol use. As above stated, use these facts as 'pedagogical tactics' where trainees learn about a hazard exposure as something that can adversely affect them and their loved ones i.e. lead exposures or asbestos can be brought a worker's home and contaminate family members.
6. Describe the Impact and Effects of Drug and Alcohol Use on Construction Sites and Personally
  - a. Workplace Safety
  - b. Personal Financial Issues
  - c. Criminality and Incarceration
  - d. Personal Health and Wellbeing
  - e. Impairment
    - i. learning
    - ii. judgment
    - iii. decision-making
    - iv. stress
    - v. memory
    - vi. behavior
  - f. Family and Relationships
7. Briefly explain various drugs and their effects on the human body.
  - a. Prescription Opioids (hydrocodone, oxycodone, morphine, and codeine)
  - b. Heroin
  - c. Cocaine and Crack Cocaine
  - d. Methadone
  - e. Methamphetamine
  - f. Amphetamines
  - g. Benzodiazepines
8. Explain relevant information concerning alcohol use and its effects on the human body.
  - a. Explain impairment, under the influence. Resource: <https://www.cdc.gov/alcohol/faqs.htm>
  - b. Approximately 5% to 10% of male drinkers and 3% to 5% of female drinkers could be diagnosed as alcohol dependent - this means about 12 million people in the USA alone
  - c. Effects after drinking: <https://pubs.niaaa.nih.gov/publications/Hangovers/beyondHangovers.pdf>
9. Prevention and Control of Drugs and Alcohol in the Workplace: Don't become a Statistic
  - a. Drugs, Brains, and Behavior: The Science of Addiction
    - i. Using basic science terms that everyone can understand, describe how drugs and alcohol dependencies are diseases and disorders that anyone can fall prey. Describe and explain how the brain works and how a chemical in the brain called dopamine produces the feeling of satisfaction and well-being but when a drug increases levels of dopamine, your body tries to balance out the excess dopamine by decreasing dopamine receptors. Consequently, when an individual stops taking the drug, dopamine levels drop drastically, which is why the individual craves the drug so much.

- ii. <https://www.drugabuse.gov/publications/drugs-brains-behavior-science-addiction/drug-abuse-addiction>
  - b. Video: Effects of drugs on the brain.  
<https://www.bing.com/videos/search?q=how+drugs+affect+the+brain+.gov&&view=detail&mid=81D50A290095652DB7A081D50A290095652DB7A0&&FORM=VRDGAR>
  - c. How can you help not becoming a victim to drug and alcohol dependency?
  - d. How long can drugs and alcohol affect you on the job?
10. Adverse Synergistic Use of Drugs along with Alcohol
  - a. Mixing drugs, including over the counter medication and alcohol
  - b. Describe the effects of such common drug interactions as histamines, sleeping aids and allergy medication.
11. Resources: What can you do if you need help
  - a. NYC Website: <http://www1.nyc.gov/site/doh/health/health-topics/alcohol-and-drug-use.page>
  - b. National Institute on Alcohol Abuse and Alcoholism: <https://www.niaaa.nih.gov>
  - c. United States Substance Abuse and Mental Health Services Administration  
<https://www.findtreatment.samhsa.gov>
  - d. Worker's Rights (See OSHA: <https://www.osha.gov/Publications/OSHA3146.pdf>)
  - e. OSHA Regional Map: <https://www.osha.gov/html/RAmap.html>
12. Review of all Training Topics
13. Debriefing (Informal evaluation)
  - a. Guided by instructor, trainees, in a class discussion talk about the course's content and means of delivery and provide verbal feedback to the instructor.
  - b. Instructor takes notes (either committing them to writing during discussion or ascribing them later into noted-comments).
  - c. Instructor applies lessons learned from debriefing to future trainings.
14. Written (Multiple Choice) Assessment