



# Integrity Sampling

DRUG & ALCOHOL MANAGEMENT SOLUTIONS

Welcome to our Spring newsletter, each quarter we update our valued partners and the workplace (generally) about issues that face your industry; drugs and alcohol in the workplace. We highlight the latest trends, what concerns are filtering through to the shop floor, and help to educate those who strive for a safer and harm free workplace.

Integrity Sampling P/L has been in existence for 16 years, we are Australia wide, with 130 staff and technicians. We service the transport, warehousing, manufacturing, building, construction, logistics, aviation, marine, mining, forestry, automotive and allied industries, performing in excess of 50,000 tests annually. Our methodology is saliva based, the most reliable way to detect drugs. As Australia's leading drug and alcohol testing company we aim to answer your questions and to ensure the broader working community is better informed.



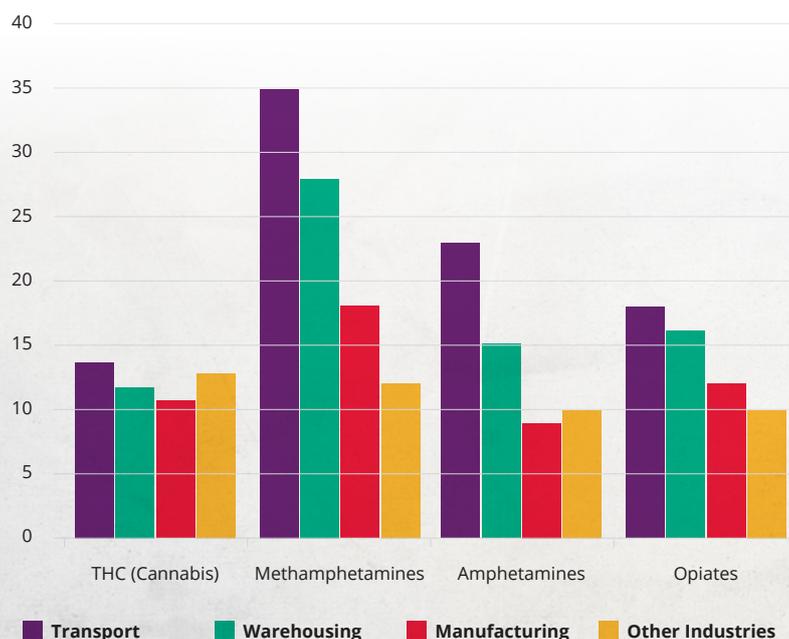
## NEWSLETTER

### Q: CAN I MANIPULATE THE RESULT OF MY DRUG TEST?

The **Australian Drug Foundation** has this to say about this often asked question: Taking substances such as aspirin, niacin, bleach, vinegar, cranberry juice or goldenseal to mask or disguise drug use will not give a negative test result and may cause harmful effects. There are products sold that claim they can help a person to pass a drug test. There's no reliable evidence that any of these actually work. Other than not taking drugs, the only sure way to pass a drug test is to make sure the body has metabolised all of the drug(s) taken. There's no guaranteed way to get rid of a drug in the body other than waiting for the body to process it. If a person knows they will be drug tested and are worried, then it's best not to use drugs.

**Integrity Sampling Graph 1:** The below graph tells a fascinating story. It's a breakdown of the type of drugs detected, against the various industries that use our services in Victoria. The number of persons that showed a 'positive' reading (on the left) is for a 12 month period ending in June year. As you can see ICE, 'Speed' and amphetamine based drugs are the greatest concern.

#### DRUG DETECTION BY INDUSTRY & DRUG TYPE





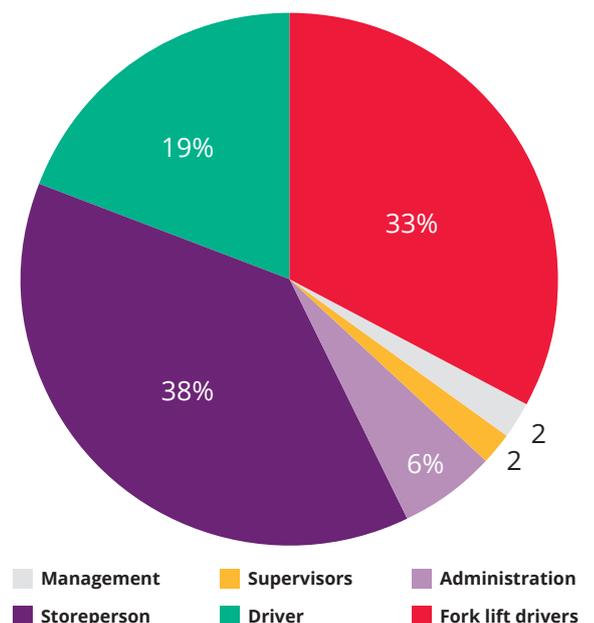
## Q: CAN SOMEONE TELL ME WHAT ICE IS?

It's the most discussed drug at the moment, it's everywhere. Let's keep it simple, ICE is another form of 'Speed', it's a man made drug, created by mixing certain chemicals. The trouble is ICE is far more pure (potent) than 'Speed'. That's the reason why ICE is so dangerous. We asked the retired Head Chemist of the Forensic Science Laboratory to offer a description: Mike Perkal says; *"ICE is the street name for pure methylamphetamine hydrochloride. It is in the form of relatively large colourless crystals having the appearance of small ice crystals hence the name. It is used in a number of ways such as orally, snorting (inhaling through the nose), smoking or injecting. Prior to the early 2000's old style speed was diluted, with sugars and/or other additives, to about 5 - 20% of the potency of 'ICE' therefore having less of the effects and side-effects. Overdosing now is therefore more likely"*.

Being under the influence of ICE is dangerous, especially if an employee is required to operate machinery, drive a transport or motor car or make decisions that affect the wellbeing of others. We asked a former Detective from the Victoria Police Drug Squad for his opinion on ICE: Colin McLaren says; *"Being under the effects of any illicit drug whilst at work is asking for trouble. Likewise, pharmaceutical drugs can affect a persons' judgement or response time. There is no doubt ICE is one of the most dangerous drugs. It can cause poor concentration and can lead to accidents in the workplace. Its affects can be catastrophic and harmful. Many ICE users become erratic, aggressive, violent or irrational. It's the biggest worry in our community today."*

**Integrity Sampling Graph 2:** The graph on the right is equally fascinating. It indicates by percentages the types of occupations that have been detected under the influence of alcohol and/or drugs in the workplace. Interestingly, no single occupation is immune and Management are tested as often as other employees. The greatest worry is those driving forklifts and transport drivers as they engage with other road users or employees. Additionally the storeperson figure is also a concern.

**OCCUPATION DETECTED USING ALCOHOL AND OTHER DRUGS(AOD)**



## Q: HOW CAN I GET HELP, WITHOUT EVERYONE KNOWING ABOUT MY DRUG PROBLEM?

Easy, you are not alone. If your workplace has a drug & alcohol program or referral system, seek out the contact numbers and make an appointment. There are many compassionate organisations who are waiting your call. I personally suggest you speak to my State Manager Livio Tomas who can refer you to the appropriate organisation – call him on 1300 SALIVA or 1300 725482. In our next newsletter I will have some ground breaking news concerning help for those seeking it.

*Michael Wheeldon*

**Michael Wheeldon.**

Managing Director. Integrity Sampling P/L.

  
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**1300 SALIVA**