

Welcome to our latest newsletter. We aim to update our valued partners and the workplace (generally) about issues that face our 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 is Australia wide, with 130 staff and technicians. We are Australia's leading drug and alcohol testing company. 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.

## NEWSLETTER

### Saliva drug testing still the best method

The debate over whether saliva drug testing is a more accurate and reliable method of detecting drugs than urine drug testing has raged for years. And, despite plenty of evidence that shows that saliva drug testing is the better method, it seems the debate will continue.

A recent media release from one of our competitors has added further fuel to the fire. The media release preaches the virtues of urine drug testing while attempting to discredit the use of saliva drug testing in the workplace. It even goes so far as labeling oral fluid drug testing practices as "a dangerous risk".

**What's our opinion? Clearly, we believe saliva drug testing is better, and here's why:**

- Collecting urine samples can be invasive and uncomfortable for many people.
- Employee privacy versus testing integrity during the collection of urine samples is always an issue. That's because if supervision levels are high, privacy can be impacted; if supervision levels are low, people can potentially tamper with samples and cheat the process.
- The detection period for urine is significantly more than it is for saliva. This could mean, for example, that a person could pass a saliva drug test if they took cannabis or ecstasy the day before, but fail a urine test. This brings into question a person's ability to be 'fit for work' and whether a person who took a drug 1 or 2 days before work is able to perform their job safely.
- Collection of saliva is extremely easy and non-invasive. An employee simply rubs a collection device around the inside of their mouth.
- Analysis is also easy and, when done correctly (see below), is auditable, quick and extremely accurate.
- Tampering or cheating the process is virtually impossible.

For the sake of transparency, it is worth pointing out that we do specialise in saliva drug testing. However, we are more than happy to offer urine drug testing over saliva drug testing if a company prefers. It's simply that we recommend saliva drug testing because of the reasons mentioned above.

As for the company behind the recent media release? Not surprisingly, they're background is in urine drug testing.

One thing that we do agree with in our competitor's media release is for workplaces to only use qualified professionals to conduct drug testing – whether it's saliva drug testing or urine drug testing – and to never rely on initial testing kits without the support of lab analysis. Failure to do so can lead to substandard testing and subsequently inaccuracy of testing results.

All Integrity Sampling's consultants have relevant Australian Quality Training Framework qualifications. In addition, many of our branches, including our head office, have ISO accreditation for onsite testing and are **NATA accredited**. Plus, we use the world-renowned Drager Drug Test 5000 – which boasts an accuracy of more than 99% – to analyse our saliva samples. It's the same unit that's used by many police forces around the world to conduct roadside drug testing.

For further information on the benefits of choosing saliva drug testing over urine drug testing, give us a call on 1300 752 482 or talk to your local Integrity Sampling contact.



## IN OTHER NEWS...

### What does your toilet tell about you?

There have been staggering results from research into methamphetamines use, which found that Western Australians are consuming around 2 tonnes of the drug each year, at a street value of \$2 billion!

The research was completed as part of the Western Australian State Government's methamphetamines strategy. The data will be used to help the government tackle the issues relating to the drug.

Interestingly, the research was done by collecting wastewater from treatment facilities. The rather novel but effective method of testing for drugs was conducted across Perth, Bunbury and Geraldton.

See [www.integritysamplingaust.com.au/2016/08/drug-testing-in-perth-using-your-toilet/](http://www.integritysamplingaust.com.au/2016/08/drug-testing-in-perth-using-your-toilet/) for further details.



### Easing drug and alcohol testing concerns

For businesses, two of their key concerns when it comes to drug and alcohol testing are often how their employees will react and where do they stand in terms of Australian workplace drug testing laws.

As discussed in our post (see [www.integritysamplingaust.com.au/2016/07/australian-workplace-drug-testing-laws-where-do-i-stand/](http://www.integritysamplingaust.com.au/2016/07/australian-workplace-drug-testing-laws-where-do-i-stand/)) you can legally conduct workplace drug testing in your business. However, it's important that you have a drug and alcohol policy and procedures in place before you introduce testing. It's also important that your employees have been educated about the terms of your policies and procedures, and they're aware that testing will take place.

Similarly, if you have a drug and alcohol policy and procedures in place, and you educate your employees, they will most likely accept, and be very positive about the drug and alcohol testing. After all, having a safe workplace isn't just important for your business, it's vital for your employees.

### Increase in positive drug tests a cause for concern

There's good news and bad news in current roadside drug and alcohol figures, with fewer people killed in accidents involving alcohol but an increase in positive drug tests.

The trend is being seen across Australia, including Victoria, where the number of people killed on the roads in accidents involving alcohol has dropped from 49% in 1977 to 15% in 2014. At the same time, of 100,000 roadside drug tests conducted in 2015, one in 15 resulted in a positive test. The result in 2016 is more likely to be closer to one in 10.

View more details at [www.integritysamplingaust.com.au/2016/07/increase-in-positive-drug-tests-a-cause-for-concern/](http://www.integritysamplingaust.com.au/2016/07/increase-in-positive-drug-tests-a-cause-for-concern/)



### Grab your copy!

Want to know more about how we conduct our workplace drug and alcohol testing? What do we do when someone produces a positive result?

For the answers to these questions and so much more, Integrity Sampling has produced a 22-minute video on workplace drugs and alcohol testing. The video includes a typical drug test being conducted and the process that is followed when someone records a positive drug test, otherwise known as 'chain of custody' testing.

To find out more about the video, view a short promotional video and to find out how to purchase a copy of the full-length version, go to our [www.integritysamplingaust.com.au/about-us/workplace-drug-and-alcohol-testing-video/](http://www.integritysamplingaust.com.au/about-us/workplace-drug-and-alcohol-testing-video/).

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