

## SIGNS OF SUBSTANCE ABUSE

The following information is widely available on the Internet and is provided ONLY AS A GUIDE to identify potential substance misuse within the workplace. Any action taken should be carefully considered and company policy followed.

DRUG	STREET NAMES	EFFECTS	PHYSICAL SIGNS OF ABUSE	APPEARANCE	INDICATIONS OF ABUSE IN WORKPLACE
Cannabis Herbal, Resin, Oil (Class B)	An extensive list, but arguably most commonly: blow, dope, ganja, grass, hash, hashish, herb, marijuana, pot, puff, resin, shit, skunk, smoke, spliff, wacky backy, weed. Some names are based on where it comes from... Afghan, homegrown, Moroccan etc.	Chilled out', relaxed, happy, talkative, giggles, hunger pangs, paranoia, schizophrenia, infertility	Lack of coordination, dilated pupils, red eyes, irrelevant giggling,	Herbal - dry, green leaves and/or buds.  Resin - compressed resinous material which sometimes looks like an Oxo cube. Can also appear as small crumbs, perhaps mixed with rolling tobacco.  Oil - Dark brown/black	Handrolled cigarette butts with cardboard inserts, torn Rizzla and cigarette packets (missing pieces used to make inserts), rolled up pieces of cardboard. Small pieces of tin foil or clingfilm (wrappings). Strange smelling smoke.
Amphetamine (Class B)	Speed, Billy, Whizz, Sulph, Base, Paste, Dexies, Meth, Suphate, Fast	Increased heart rate and blood pressure, alertness, confidence, euphoria, aggression, nervousness, anxiety, insomnia, mood changes, increased energy, depression	Dilated pupils, very talkative, inability to keep still, irritability, temper tantrums, loss of weight, increased thirst, grinding teeth/jaw, depression	White/off-white, yellow or pink powder with a sweet smell. Tablets.	Square paper 'wraps', needles, self seal bags, corners of plastic bags.
Anabolic Steroids (Class C)	Roids	Mood swings, increased aggression, irritability, increased muscle mass, paranoia, confusion, sleep problems	Increased aggression, irritability, increased muscle mass.	Tablets, liquid	Injecting equipment.
Cocaine (Class A)	Coke, Charlie, C, White, Snow, Percy, Toot, W, Dubs, Dubya	Much of the effects of cocaine abuse are listed in Amphetamine above.	Much as Amphetamine above. After effects include appearance of suffering from flu, runny nose, depression	Generally a white powder	Injecting equipment. Powder residue on smooth surfaces such as toilet cisterns, rolled up tubes (tooters) of cardboard, paper (or money), razor blades, plastic/credit cards (used to make lines for snorting). Paper wraps. Self seal bags, corners of plastic bags
Crack Cocaine (Class A)	Crack, Rock, Stone, Wash, Pebbles, Base, Freebase	As per Cocaine. Highly addictive drug.	As per Cocaine.	Solid chunks or smaller pieces of off-white waxy, resinous substance	Paper or clingfilm wraps. Metal gauze. Small crumbs of waxy white/cream substance.
Heroin (Diamorphine) (Class A)	Gear, Smack, H, Brown, Skag, B	Sleepy, relaxed, warmth, wellbeing, dizziness, nausea	Vomiting, rubbing of nose (often red), long use of toilet, sluggishness, injection marks on arms, brown front teeth, constricted pupils, pale skin colour, heavy sweating	Light to dark brown compact pieces of brown, crumbly material or powder.	Foil or paper wraps, pieces of clingfilm, burnt foil, rolled up card, tubes, magazines, burnt spoon, cigarette filters, needles, Jiff lemon, kinder eggs (often used to store wraps)
New psychoactive substances	Mephedrone (Class B) - Mcat, Meow meow, Cat Piss, Ariel, Bubbles  Naphyrone (Class B) - Energy-1, NGR-1  Ivory Wave	These substances are relatively new so their effects and side effects are not as well known as other more established drugs. They are stimulants in general, so many of the effects seen with Cocaine and Amphetamine use occur.	Seizures, hallucinations, delusions, high temperature, tachycardia, high blood pressure, nose bleeds, swelling to extremities and lips, possible cardiac toxicity	These substances come in both powder and tablet form.	Self seal bags, tooters, cigarette papers (to wrap and then swallow), bags with traces of white powder. Signs similar to Cocaine use above.