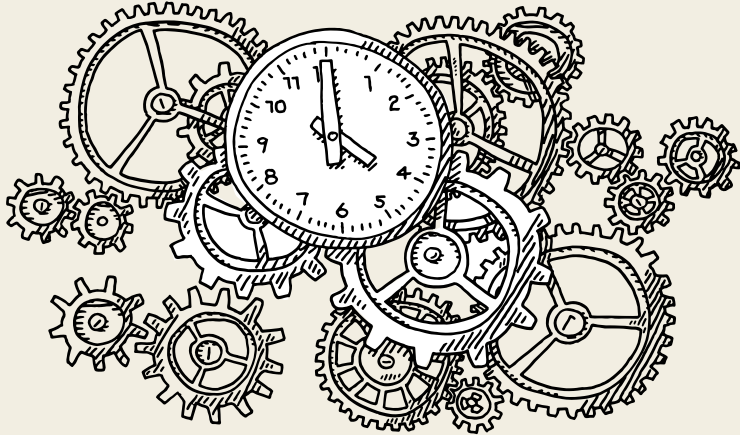


How does Cannabis affect my work performance?



How does cannabis affect my work performance?

- **Driving skills and ability to operate machinery**
Using cannabis negatively affects your balance, coordination, short-term memory, thinking, movement and concentration.
- **Accidents**
Cannabis increases your risk of having an accident by impairing reaction time and performance of manual tasks. It lowers blood pressure which can make you faint.
- **Problems with clients, co-workers and management**
Cannabis can change your behaviour, motivation and ability to carry out your work duties effectively. People you work with may become concerned for their safety and frustrated with your performance.
- **Poor decision-making**
Cannabis affects short-term memory and logic, which can negatively affect your decision-making abilities.
- **General skills**
Using cannabis regularly can lead to a lack of motivation and energy. Your learning ability and productivity may be affected.
- **Hangover**
Even after using cannabis a number of hours ago, you can still experience drowsiness and exhibit poor coordination and inattention at work.
- **Longer-term effects**
Respiratory illnesses and mental health problems including psychosis can be caused by cannabis use.

CAUTION! IF YOU KILL OR INJURE SOMEONE WHILE UNDER THE INFLUENCE OF CANNABIS, YOU MIGHT GO TO PRISON. IF YOU ARE INVOLVED IN AN ACCIDENT WHILE UNDER THE INFLUENCE OF CANNABIS YOU MIGHT LOSE YOUR JOB AND RECEIVE NO COMPENSATION.

QUICK QUIZ: Am I addicted to Cannabis?

Complete this quiz to find out if you're addicted to cannabis. Add up your scores and check out the feedback key on the back for your results.



In the last month:

1. Did you ever think your use of cannabis was out of control?

- Never or almost never 0
- Sometimes 1
- Often 2
- Always or nearly always 3

2. Did the prospect of missing a smoke make you very anxious or worried?

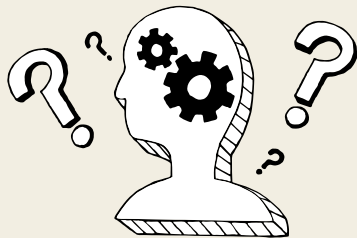
- Never or almost never 0
- Sometimes 1
- Often 2
- Always or nearly always 3

3. Did you worry about your use of cannabis?

- Not at all 0
- A little 1
- Quite a lot 2
- A great deal 3

4. Did you wish you could stop?

- Never or almost never 0
- Sometimes 1
- Often 2
- Always or nearly always 3



5. How difficult would you find it to stop or go without?

- Not difficult 0
- Quite difficult 1
- Very difficult 2
- Impossible 3

My score is _____ / 15

Score	My level of addiction to cannabis
0–3	Nil or negligible
4–6	Mild
7–9	Moderate
10–12	Substantial
13–15	Severe

My score means I have a _____ level of addiction to cannabis.

If you scored 3 or more, you are addicted to cannabis.

Get help to quit cannabis:

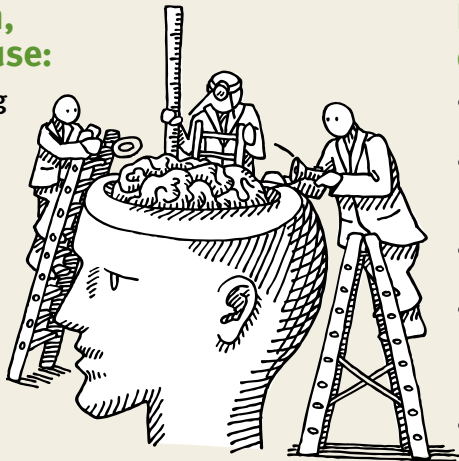
- Read online: **‘What’s the Deal? A do-it-yourself guide to quitting cannabis’**.
- Quit with our free online programs.
- Call the free **Cannabis Information and Helpline** for counselling, referral and treatment advice: **1800 30 40 50**.
- **Visit your doctor** and get a referral to an alcohol and other drugs centre.
- Visit the **National Cannabis Prevention and Information Centre website** (www.ncpic.org.au): for factsheets, videos, self-help information and much more.

CAUTION! REMEMBER, ANY CANNABIS USE AFFECTS YOUR PERFORMANCE, YOUR SAFETY AND THE SAFETY OF YOUR CO-WORKERS AT WORK.

How does Cannabis affect my health?

In the short-term, cannabis can cause:

- Feelings of well-being
- Talkativeness
- Drowsiness
- Loss of inhibitions
- Decreased nausea
- Increased appetite
- Loss of coordination
- Bloodshot eyes
- Dry eyes, mouth and throat
- Anxiety and paranoia



In the long term, cannabis can:

- Increase your risk of respiratory diseases
- Decrease your memory and ability to learn or complete complex tasks
- Reduce your motivation and concentration
- Increase your risk of mental health problems including schizophrenia, depression and anxiety
- Cause addiction

Cannabis and addiction

What is cannabis addiction?

- **Tolerance:** You need more and more cannabis to get the same effect
- **Withdrawal symptoms:** You experience irritability, trouble sleeping or depression when stopping cannabis
- **Using too much:** You use more cannabis than you mean to
- **Inability to quit:** You want to quit or cut down but you can't
- **Time:** You spend a lot of time finding, using or recovering from cannabis use
- **Sacrifices:** You give up important activities because of cannabis
- **Use despite problems:** You use cannabis even when you know it's causing issues



Consequences of cannabis addiction:

- Memory impairment
- Mental health problems
- Respiratory illnesses
- Relationship problems
- Financial hardship
- Reduced work performance

Cannabis addiction: the stats

- 200,000 Australians are addicted to cannabis
- 1 in 10 who try cannabis will become addicted
- Daily cannabis users have a 50/50 chance of becoming addicted
- Young people get addicted faster than adults
- Males are more likely to get addicted

Withdrawal symptoms include:

- Anxiety and nervousness
- Restlessness
- Reduced appetite
- Mood swings/irritability
- Cravings to use cannabis
- Sleep difficulties including insomnia and strange dreams

TOP TIP! MOST WITHDRAWAL SYMPTOMS ARE OVER AFTER 2 WEEKS