

WORK AND CANNABIS:

They Just Don't Mix.

FACILITATOR NOTES

HOW TO USE THESE RESOURCES

The *Work and Cannabis: They Just Don't Mix* PowerPoint presentation and accompanying Student Worksheet were developed to educate youth and young workers about how cannabis impairment can impact their safety at work.

The presentation and activity can be used as-is, or can be modified to suit the needs of the group or audience. Please note that the legal information contained in the presentation is from a federal perspective; it may be necessary to add additional information depending on the laws in the jurisdiction in which it is being used. Several of the slides contain notes and links to information sources.

The presentation has two main sections, as well as activities for students/young workers:

1) WHAT YOU NEED TO KNOW ABOUT CANNABIS

Slides 2-12 give an overview of cannabis, including:

- What is cannabis?
- How is cannabis used?
- Statistics on cannabis use in Canada
- Possible short and long-term effects of cannabis
- Medical cannabis
- Federal laws on cannabis and criminal penalties

2) CANNABIS AND THE WORKPLACE

Slides 13-24 cover how cannabis can have an impact on safety at the workplace, including:

- The factors that determine the safety of a workplace
- Being fit for duty
- Impairment: its possible causes and how it can impact workplace safety

Slide 25: Activity 1

This activity engages students in a discussion about how cannabis could impact their ability to work safely. Group students into pairs or small groups and provide them with the worksheet titled "Student Assignment". Assign each pair/group one of the following jobs:

- *Grocery clerk*
- *Dishwasher*
- *Automotive technician*
- *Lifeguard*
- *Forklift operator*
- *Landscaper*

WORK AND CANNABIS:

They Just Don't Mix.

Have the groups complete the following tasks:

- List the main tasks your assigned job requires you to do, and what skills and abilities are necessary in order to do these tasks safely
- Outline how cannabis impairment could impact your ability to do your job safely (For help, refer to the *Effects of Cannabis* table below)

Possible Effects of Cannabis

Positive/Pleasant	Negative/Unpleasant
A "high" feeling (euphoria)	Confusion
A sense of well-being	Sleepiness, drowsiness
A state of relaxation	Trouble concentrating, remembering
Heightened sensory experiences (sight, taste, smell, sound, touch)	Damaged blood vessels (from smoking)
	Increased heart rate
	Paranoia, delusions, hallucinations

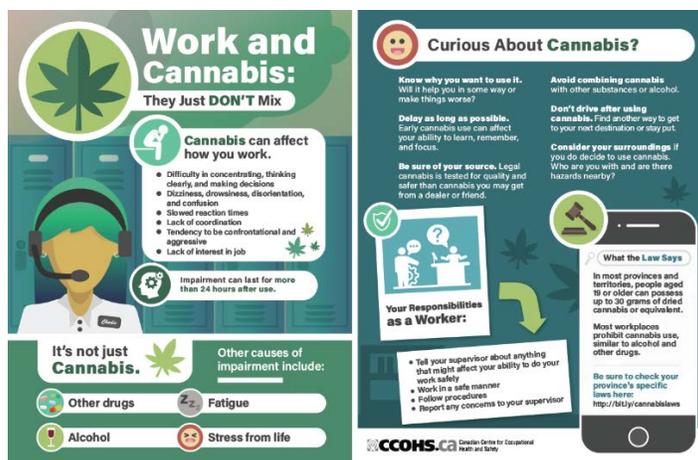
Slides 26-28 give a brief overview of occupational health and safety legislation as it pertains to cannabis, including:

- The responsibility of employers and workers
- The impairment policy

Slide 29: Activity 2

This activity allows students to demonstrate their understanding of the lesson in a creative way. Students will design a poster to illustrate why work and cannabis don't mix. Provide them with the following suggestions:

- Look into the laws on cannabis use in your province/territory.
- Include ways cannabis could impair your ability to do your job safely.
- Use the infographic below (created by CCOHS) for inspiration.



WORK AND CANNABIS:

They Just Don't Mix.

FOR ADDITIONAL INFORMATION ON CANNABIS:

→ Work and Cannabis: They Just Don't Mix

(<https://www.ccohs.ca/youngworkers/cannabis/>)

→ Cannabis in Canada

(<https://www.canada.ca/en/services/health/campaigns/cannabis.html>)

→ Your province/territory's provincial government and occupational health and safety websites