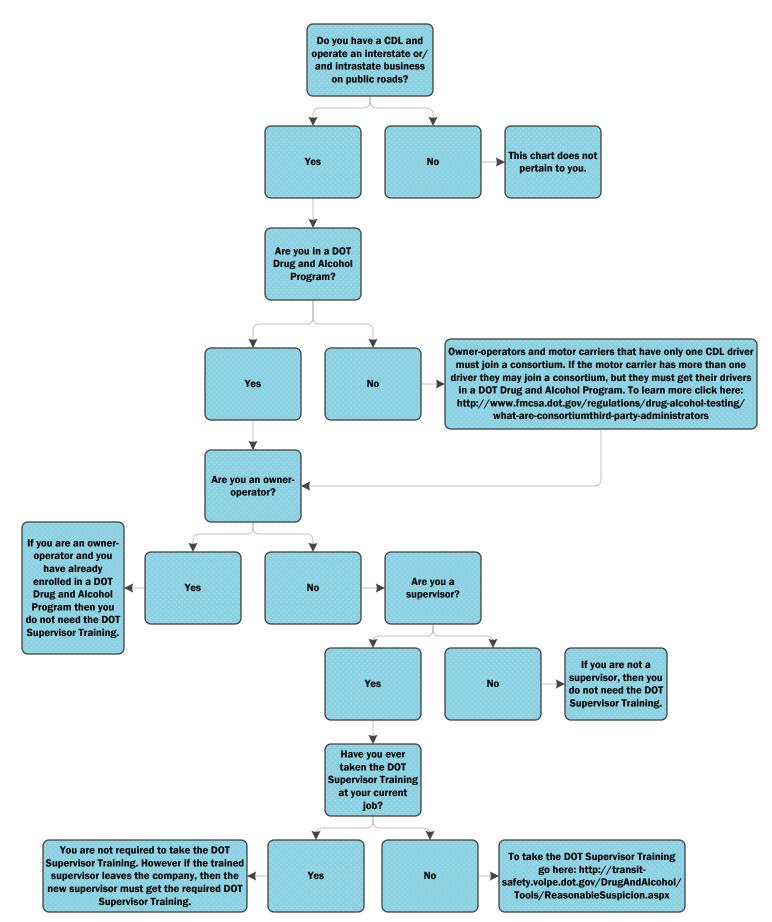
U.S. Department of Transportation
Federal Motor Carrier Safety







We were originally asked to produce this training package for Norfolk Southern Railroad Corporation. Now it is used by large and small businesses nationwide, include National and Dulles Airports Authority, the West Virginia Department of Transportation, gas and oil industries, the U.S. Army, and many more. Suitable for DOT and non-DOT drug-alcohol education.

Overview of Contents

- Introductory overview & concepts
- Personal problems vs. drug/Alcohol
- Addictive disease and enabling
- · Common supervisor myths
- Rationale for reasonable suspicion trng.
- · Major drug categories and types
- Understanding alcoholism
- · All about beverage alcohol
- Understanding denial
- · Excuses employees use when confronted
- Understanding tolerance and impact
- Cross tolerance & cross addiction
- Loss of control: What it really means
- Understanding denial
- Drug photos, categories, symptoms, etc.
- Performance signs and symptoms
- What to measure with job performance
- Avoiding armchair diagnosis
- · Enabling: coworkers, supervisors, others
- Work Performance Curve for Drug Users
- Drugs of Abuse Chart
- · Constronting Behavior: Three Ways
- Follow-up with employees

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