

Drug and Alcohol Fact Sheet

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Prepared By: Departmental Drug Office

Inside DOT Statistics

The Department of Transportation's Federal Employee Drug and Alcohol Testing Program Statistics for Fiscal Year 2000, October 1, 1999 – December 31, 1999:

	<u>TOTAL TESTED</u>	<u># OF POSITIVES</u>
Random Drug	1,523	8
Follow-Up	214	1
Reasonable Suspicion	0	0
Post Accident	14	0
Pre-employment	55	0
FAA Pre-employment	169	0
Voluntary	0	0
Random Alcohol	915	0
CDL Alcohol (CY 99)	21	1
CDL Drug (CY 99)	71	0

The Department of Transportation's Fiscal Year 2000 random rate of .5% is below the latest published government positive rate of .6%. Rehabilitation success rate was 76%.

"Did You Know?" Korner

- ◆ About 17 percent of adolescents in this country say that they have sniffed inhalants--usually volatile solvents such as spray paint, glue, or cigarette lighter fluid--at least once in their lives.
- ◆ Some people tend to view inhalant "sniffing," "snorting," "bagging" (fumes inhaled from a plastic bag), or "huffing" (inhalant--soaked rag in the mouth) as kind of a childish fad to be equated with youthful experiments with cigarettes. But inhalant abuse is deadly serious.
- ◆ Sniffing volatile solvents, which includes most inhalants, can cause severe damage to the brain and nervous system. By starving the body of oxygen or forcing the heart to beat more rapidly and erratically, inhalants can kill sniffers, most of who are adolescents.
- ◆ The acute toxic effects of inhalants will depend on the drug used, the amount taken, and the frequency and duration of use.

Information Source: www.nida.nhi.gov

Substance Awareness Facts - Inhalants

Inhalants refer to substances that are sniffed or huffed to give the user an immediate head rush or high. They include a diverse group of chemicals that are found in consumer products such as aerosols and cleaning solvents. Inhalant use can cause a number of physical and emotional problems.

Using inhalants even one time can put you at risk for: sudden death, suffocation, visual hallucinations and severe mood swings, and numbness and tingling of the hands and feet. Per medical experts, death can occur in at least five ways:

1. asphyxia – solvent gases can significantly limit available oxygen in the air, causing breathing to stop
2. suffocation – typically seen w/inhalant users who use bags
3. choking on vomit
4. careless behaviors in potentially dangerous settings, and
5. sudden sniffing death syndrome, presumably from cardiac arrest.

Short Term Effects:

- ◆ heart palpitations
- ◆ dizziness
- ◆ breathing difficulty
- ◆ headaches

Long Term Effects:

- ◆ headache, muscle weakness, abdominal pain
- ◆ decrease or loss of sense of smell
- ◆ nausea and nosebleeds
- ◆ hepatitis
- ◆ violent behaviors
- ◆ irregular heartbeat
- ◆ liver, lung, and kidney impairment
- ◆ irreversible brain damage
- ◆ nervous system damage
- ◆ dangerous chemical imbalances in the body
- ◆ involuntary passing of urine and feces.

Information Source: www.health.org

Looking For Help - Call:

National Drug Info. Treatment/Referral: 1-800-662-4357
Narcotics Anonymous: 1-800-896-8896
DOT Employee Assistance Program: 1-800-222-0364
FAA Employee Assistance Program: 1-800-234-1EAP

"A Life of Substance Abuse is Life Without Substance"