

# OPIOID HAZARD AWARENESS



# LEARNING OBJECTIVES

What's the Problem?

Why We Should Be Concerned

Prevention and Harm Reduction





# WHAT IS AN OPIOID?

Prescription opioids: painkillers

Non-prescription: (illicit opioids):  
heroin, opium, illegally-produced  
fentanyl (other synthetic opioids)

Also, **Tramadol** and **Codeine**

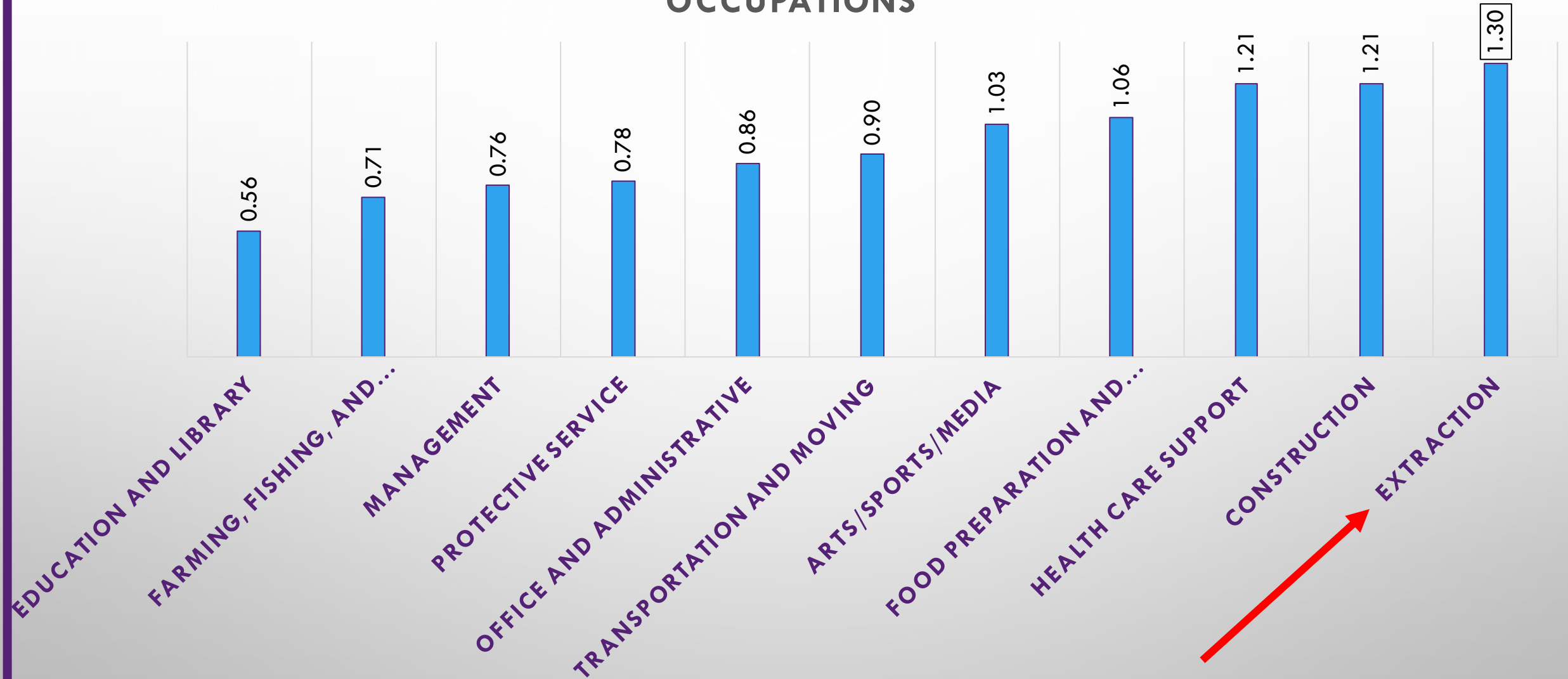
EXAMPLES OF OPIOID CONTAINING MEDICINES		
	Generic	Brand Name
SHORT-ACTING	morphine	MSIR, Roxanol
	oxycodone	OxylR, Oxyfast, Endocodone
	oxycodone <i>(with acetaminophen)</i>	Roxilox, Roxicet, Percocet, Tylox, Endocet
	hydrocodone <i>(with acetaminophen)</i>	Vicodin, Lorcet, Lortab, Zydone, Hydrocet, Norco
	hydromorphone	Dilaudid, Hydrostat
LONG-ACTING	morphine	MSContin, Oramorph SR, Kadian, Avinza
	oxycodone	Oxycontin
	fentanyl	Duragesic patch

# OPIOID CRISIS = A PUBLIC HEALTH CRISIS

- **130 AMERICANS DIE EVERY DAY FROM AN OPIOID OVERDOSE**
  - (MORE THAN CAR ACCIDENTS AND GUN MURDERS COMBINED)
- **1999-2018, 450,000 PEOPLE DIED**
- **92% OF DEATHS ARE AMONG PEOPLE OVER AGE 24**
  - (40% OLDER THAN 44)
- **70% ARE MEN**
- **75% OF PEOPLE WITH OPIOID USE DISORDER, STARTED WITH A PRESCRIPTION**



## PRESCRIPTION OPIOID OVERDOSE DEATH RATE: SELECTED OCCUPATIONS



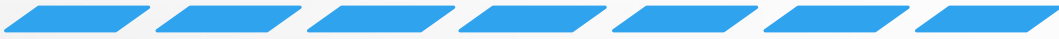
“Extraction” includes mining and oil and gas

# OPIOID SIDE EFFECTS

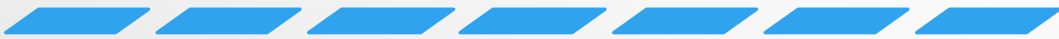
Drowsiness



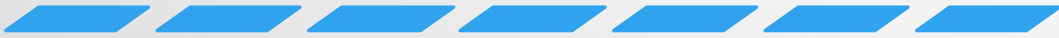
Constipation and nausea



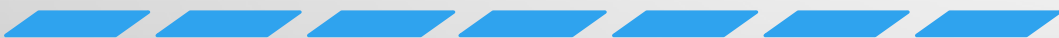
**Changes in the brain**



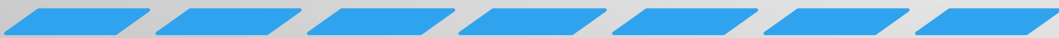
**Physical dependence**



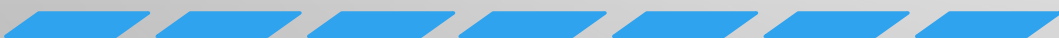
**Addiction**



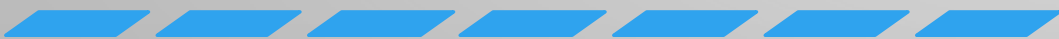
Withdrawal symptoms (dope sick)



**Substance Use Disorder**



Respiratory suppression (death)



**May Cause DROWSINESS**

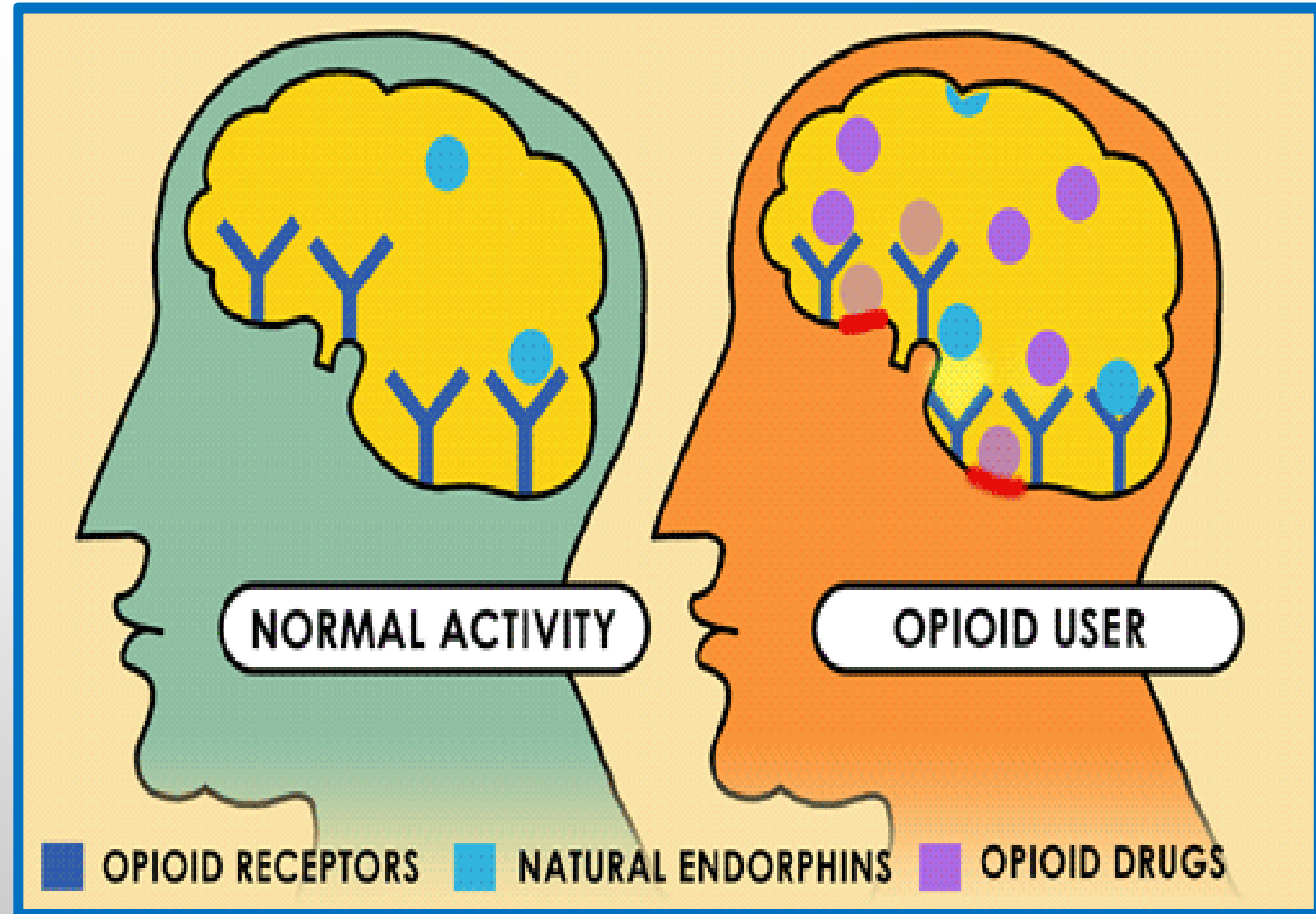
This medication will cause drowsiness. Please avoid driving or operating heavy machinery after taking this drug.

# OPIOIDS HIJACK THE BRAIN

1. Pain “killing” = Opioids increase brain’s ability to feel more pleasure.

2. Re-wired brain demands more opioids to satisfy “the new normal.” (*If it doesn’t get them, it sends out chemicals to make the person feel anxious and sick.*)

3. The re-wired brain shuts down the part of itself that can help make good decisions.





# Addiction is a Disease

Dependency = A person using a substance needs it and/or they feel sick or can't function if they stop using it.

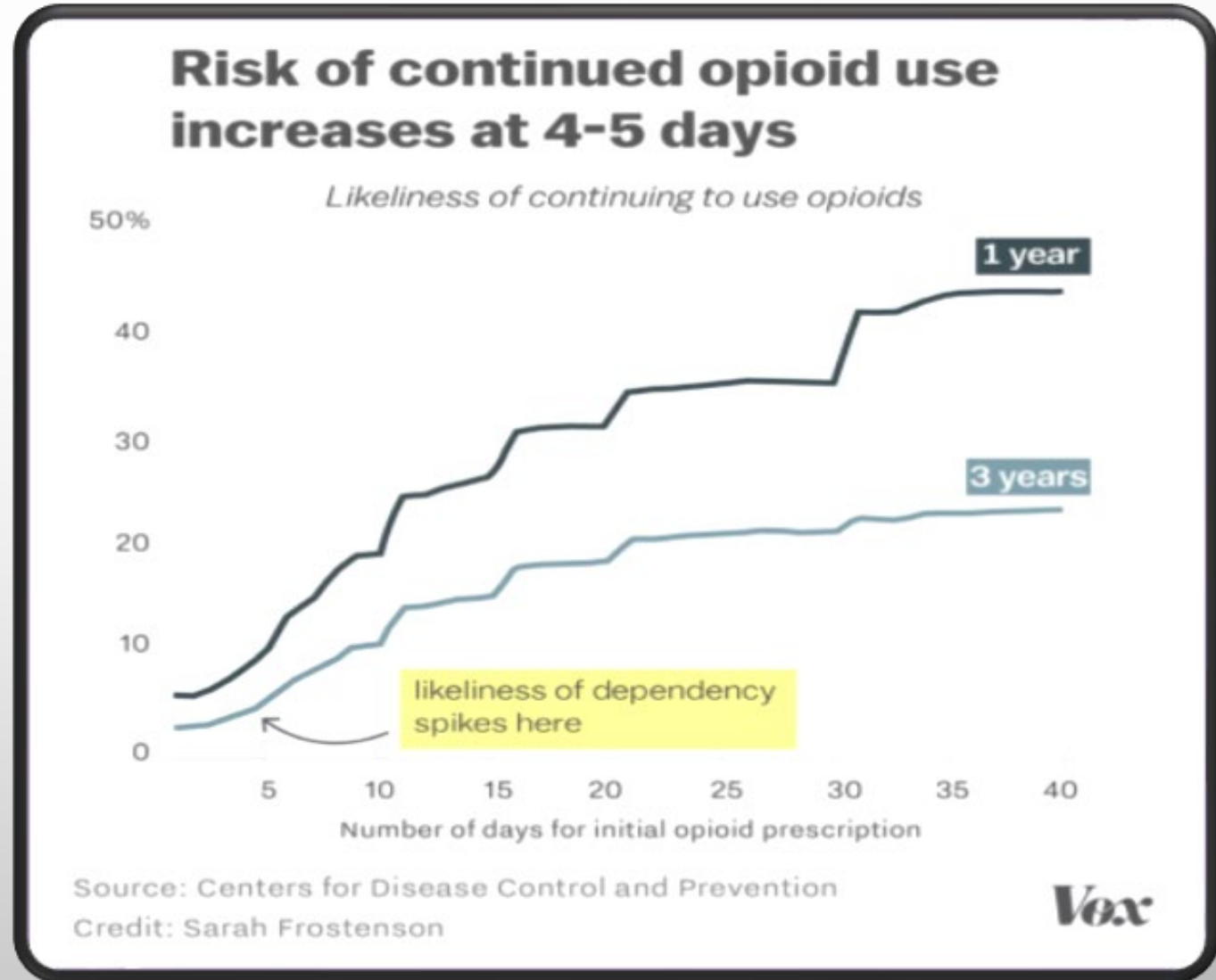
Substance Use Disorder (SUD) = An on-going brain \***disease** where the sufferer will look for and use drugs, despite harmful consequences of their behavior. Can't stop using even if they want to.

\***Disease** = A condition that changes the way the body functions.

# WHO CAN GET ADDICTED?

Anyone who takes prescription opioids can become addicted

Taking them for more than 4-5 days greatly increases the risk of dependency and addiction...



# IDENTIFY SAFETY RISKS

- 46 Yr Old Miner – 27 Yrs of Exp.
- Killed when haul truck rolled on its side into a settling pond and drowned.
- ***Earlier in his shift, he'd been found sleeping in the truck.***
- ***Toxicology report showed several prescription drugs that cause drowsiness.***



# PREVENTION AND HARM REDUCTION

## **LEVEL 1 Prevent Causes of Pain:**

(Reduce/eliminate the risk factors for pain.)

## **LEVEL 2 Avoid Exposure to Opioids:**

(Encourage care that doesn't include opioids.)

## **LEVEL 3 Substance Use Treatment:**

Help reduce/stop with treatment resources.

# LEVEL 1: PREVENT THE CAUSES OF PAIN

## 1. ADDRESS COMMON HAZARDS:

- HEAVY LIFTING/PUSHING/PULLING**
- GETTING IN/OUT OF TRUCK/EQUIPMENT
- SEDENTARY WORK*
- REPETITIVE MOTION

## 2. TAKE ACTION FOR SAFETY:

- SAFETY INITIATIVES TO REDUCE HAZARDS
- ERGONOMICALLY-DESIGNED EQUIPMENT & TASKS**
- FOLLOW SAFETY PROTOCOLS/AVOID SHORTCUTS**

## 3. PHYSICAL AND MENTAL FITNESS

- ORGANIZATION WELLNESS PROGRAMS



# LEVEL 2: AVOID EXPOSURE TO OPIOIDS

## WORK & NON-WORK RELATED INJURIES

- **AVOID LONG-TERM PRESCRIPTIONS (>3 DAYS)**
- AVOID COMBINED PRESCRIPTIONS  
(MUSCLE RELAXANTS + OPIOID PAINKILLERS)
- **ADVOCATE FOR** GOOD CARE, INCLUDING **NON-OPIOID TREATMENT** (OVER THE COUNTER MEDICATION)



# ADVOCATE FOR YOURSELF

## Tips for the Doctor's Office

1. Ask if prescribed medication is an opioid.
2. Explain drug-test implications at work (DOT??)
3. Explain work is a “safety-sensitive” position.
4. **Avoid taking opioids for more than 5 days**
5. Ask about alternatives to opioids, including physical therapy/pain management – Over the Counter Meds



# WHAT ABOUT MY PAIN?

**Studies show that opioids aren't effective painkillers and can make pain worse.**

**Opioids don't work as well as over-the-counter pain medications.**

**Pain reduction methods – physical therapy/Pain management**

**Studies involving dental pain, pain after accidents, post-surgical pain, severe pain from kidney stones, back pain, and chronic pain.**



**Evidence for the efficacy of pain medications**

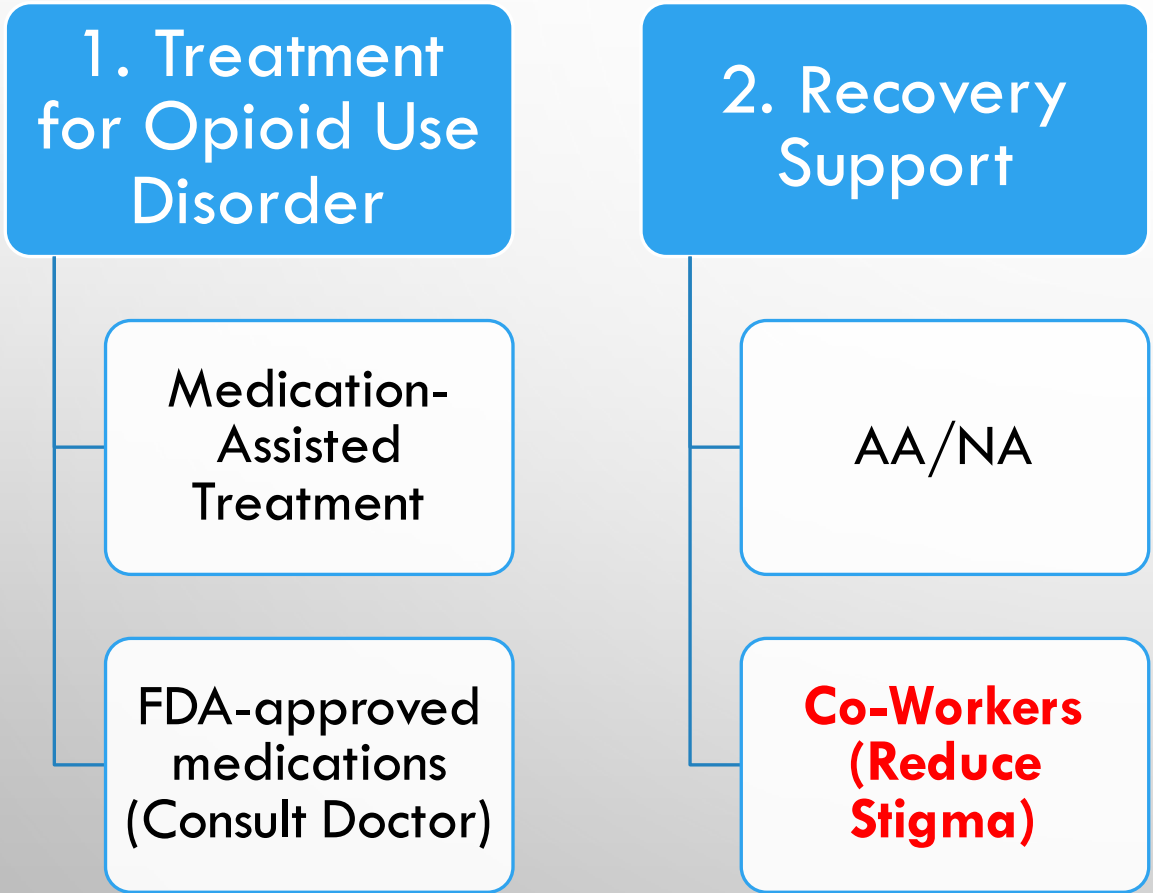
**BY: DR. DONALD TEATER, M.D.**  
Medical Advisor, National Safety Council

making our world safer™

Source: National Safety Council



# LEVEL 3: SUBSTANCE USE DISORDER TREATMENT



**“There is no “one size fits all”**

- Some people stop using on their own;
- Others recover through support groups or treatment facilities.
- Medication-Assisted Treatment is linked to better outcomes

# RESOURCES

Employee Assistance Programs – ask your employer...

National Helpline

1-800-662-HELP (4357)

<https://www.samhsa.gov/find-help/national-helpline>

National Suicide Prevention Lifeline

1-800-273-8255 [www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org)

Learn to COPE

1-508-738-5148 [www.learn2cope.org](http://www.learn2cope.org)

SHATTERPROOF™

1-800-597-2557 [www.shatterproof.org/](http://www.shatterproof.org/)

