



## **4a - ALCOHOL AND DRUG CONSUMPTION AND DRIVING SIGN OFF SHEET**

### **Objective**

To ensure the safety of all employees and to comply with legal requirements concerning alcohol consumption and driving, this policy outlines the guidelines for alcohol consumption and the implications for driving.

### **Policy Statement**

In Ontario, the legal limit for blood alcohol concentration (BAC) is 0.08%. It is important to understand that being below this limit is crucial when operating a vehicle. Alcohol can remain in your system for varying durations depending on factors such as metabolism, body weight, and the type and amount of alcohol consumed.

### **Guidelines**

#### **1. Legal BAC Limit**

The legal BAC limit in Ontario is 0.08%. Ensure that your BAC is below this limit before driving.

#### **2. Alcohol Metabolism**

On average, the body metabolizes alcohol at a rate of approximately one standard drink per hour. Multiple drinks consumed the previous night can result in a longer duration for your BAC to drop below the legal limit.

#### **3. Driving Safety**

It is safest to avoid driving if you have been drinking. Even if you believe you are below the legal limit, it is prudent to ensure your BAC is significantly below 0.08% before driving.

#### **4. Recommendations**

Consider using a personal breathalyzer to check your BAC before driving.

Arrange for alternative transportation if you are unsure about your BAC level or if you have been drinking.

**Sign-Off**

Please read and acknowledge your understanding of the policy outlined above by signing below.

**Employee Name**

**Signature**

**Date**

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**By signing this form, you acknowledge that you have read, understood, and agree to comply with the Drug, Alcohol Consumption and Driving policy.**