## 13 SIGNS OF SUBSTANCE ABUSE IN THE WORKPLACE

- 1. Smell alcohol on the person's breath and clothing
- 2. Employee shows decline in hygiene and personal appearance
- 3. Employee displays jittery or anxious behavior
- 4. Noticeable change of demeanor, attitude, and mood, such as becoming irritable
- 5. Employee becomes combative & standoffish towards co-workers, clients and customers
- 6. Physical symptoms, such as glassy, blood-shot eyes, grinds teeth or sweats profusely
- 7. Decline in alertness; the employee doses off or has sluggish speech or movement
- 8. Tardiness or excessive absenteeism for no apparent reason
- 9. Passes out at work
- 10. Causes accidents that may injure himself or others
- 11. Overall decline in morale
- 12. Co-workers complain about the employee's behavior
- 13. Theft of property