

## AS 4308:2008 DRUG CLASSES

The Australian Standard states that you are not permitted to have the following drugs in your system while at work:

1. Methamphetamines
2. Cocaine
3. Marijuana
4. Morphine
5. Benzodiazepines

The following table gives some information about the different drug classes, their effects and how long they stay in your system.

<b>Drug Class/ Length of time it can remain in human system</b>	<b>Other common names</b>	<b>Effects of this drug</b>
<u><b>Methamphetamines</b></u>  Addictive stimulant (smoked, snorted, orally ingested or injected) <b>Min Effects (1-3 hrs)</b> <b>Max Effects (2-4 days)</b>	<b>Speed</b> <b>Meth</b> <b>Chalk</b> <b>Glass</b> <b>Ice</b>	Affects the Central Nervous System, decreases appetite, increases wakefulness and physical activity Addictive substance Violent mood swings Aggression, Paranoia, Hallucinations Respiratory difficulties
<u><b>Cocaine</b></u> Alkaloid of the bush- <i>Erythroxylon coca</i> <b>Min Effects (1-4 hrs)</b> <b>Max Effects (2-4 hrs)</b> <b>even up to 4 days</b>	<b>Crack</b>	Euphoria Intense reaction of rapid onset
<u><b>Marijuana</b></u> Derived from <i>hemp</i> <i>plant</i> <b>Min Effects (6-18 hrs)</b> <b>Max Effects (up to 30</b> <b>days)</b>	<b>Cannabis</b>	Euphoria, laughter or giggling, heightening of all senses, esp. VISION – distortion of dimensions/distances Panic attacks/anxiety Slowing of reflexes
<u><b>Morphine</b></u> Powerful analgesic for moderate-severe pain- Opiate.  <b>Min Effects (2 hrs)</b> <b>Max Effects ( 2-3 days)</b>	Anamorph MS Contin Kapanol <b>Codeine is a</b> <b>derivative of</b> <b>Morphine &gt;&gt;&gt;&gt;&gt;</b> Panadeine, Panadeine Forte, Panamax Co, Aspalgin, Codral forte	Dizziness, faintness on standing, lethargy, mental clouding, confusion, inability to concentrate, euphoria, blurred vision  Physical & psychological dependence
<u><b>Benzodiazepine</b></u>  Sedatives and muscle relaxants  <b>Min Effects (2-7 hrs)</b> <b>Max Effects</b> <b>(3 days) infrequent</b> <b>users</b> <b>(4-6 wks) chronic</b> <b>users</b>	Diazepam – <b>Valium</b> Chlordiazepoxide – <b>Librium</b> Lorazepam – <b>Ativan</b> Medazepam – <b>Nobrium</b> Nitrazepam – <b>Mogadon</b> Oxazepam – <b>Serepax,</b> <b>Alepam</b> Temazepam- <b>Normison, Nocturne</b> <b>Euhypnos</b>	Addiction is common Cognitive impairment Over sedation Impaired BP Respiratory problems Effects from withdrawal- anxiety, blurred vision, depression, dizziness, heart palpitations, loss of memory