LOGISTICONSULT
BESPOKE TRANSPORT MANAGEMENT SOLUTIONS

● DRIVER TOOLBOX TALK · ABOUT 8 MINUTES

DRUG & ALCOHOL.

One positive test can end a career. This covers more than being drunk — medication counts too.

WHY THIS MATTERS

A drug or alcohol incident puts lives at risk and can end a driving career in a single test. It's not only about illegal substances — some prescription and over-the-counter medicines carry real driving risks too.

COVER WITH THE GROUP

Key Points

- Zero tolerance applies to illegal drugs while driving for work
- Alcohol limits for driving are lower than most people assume, and "the morning after" can still be over the limit
- Prescription and over-the-counter medication can affect driving — check the label and ask a pharmacist if unsure
- Random testing can happen — know what your company's policy actually says
- If you're taking something that might affect you, say so before you drive, not after
- Reporting a concern about a colleague isn't snitching — it's safety

WATCH OUT FOR

Common Mistakes

- Assuming a heavy night the day before has fully worn off by morning
- Not checking whether a common medicine — some antihistamines or painkillers — carries a driving warning
- Staying quiet about a genuine concern because it feels awkward

Ask the group:

Do you know what your company's drug and alcohol policy actually says?

Would you know what to do if you suspected a colleague was unfit to drive?

ATTENDANCE RECORD

Keep this page on file as evidence the talk took place. DVSA and the Traffic Commissioner look for proof of ongoing driver training, not just a policy that says it happens.

Talk delivered by: _____ **Date:** _____ **Location:** _____

Driver Name	Signature	Date