

# Substance Use in the Construction Industry

The overdose crisis in Ontario is being driven by a street drug supply with a strong presence of fentanyl, leading to a significant increase in accidental overdoses and opioid-related deaths.

People working in the construction industry have been disproportionately impacted by this rapid increase in overdoses.



## Tips for safer drug use

### Know the signs of an opioid overdose



Small pupils



Blue or gray lips or nails



Cold and clammy skin



Choking, gurgling or snoring sounds



Slow or no breathing



Can't be woken up



Drowsiness or difficulty staying awake

If you suspect an overdose, **stay with the person and call 911**

### Carry a naloxone kit

Naloxone can quickly reverse the effects of an opioid overdose.



Naloxone kits are **free** at community pharmacies and harm reduction programs.

*You do NOT need a prescription or to show ID.*

### Two types available



Injectable



Nasal spray

### Don't use alone

Have a **friend or family member** nearby.



Access one of Ontario's **supervised consumption sites**: A safe space to use substances and connect you with other community-based programs.

### Reduce risks when possible

**Start low, go slow**: Use a small amount of a drug first, to see how your body responds.

**Avoid mixing different kinds of substances** such as opioids, stimulants (e.g. cocaine or crystal meth) and/or alcohol, which can increase your risk of an overdose.

New, sterile, single-use **harm reduction supplies** are free and available across Ontario.



If you or someone you know wants support for drug or alcohol use, **there are effective treatment options available to help you.**

### Medications

**Opioid agonist therapy (OAT)** uses prescribed medications (e.g. methadone or buprenorphine) to help stabilize substance use and reduce opioid cravings among people with an opioid use disorder.

### How to access OAT medications

If comfortable, speak to your **family doctor**.

Connect with a **service in your community** for support with substance use or mental health.

**Rapid access addiction medicine (RAAM) clinics** are walk-in clinics to get help for a substance use disorder without an appointment or referral.



For more information and resources:

[odprn.ca/connect](https://odprn.ca/connect)