

# MEDICATION DISCLOSURE

OVER-THE-COUNTER  
(OTC) MEDICATIONS  
AND PRESCRIPTIONS

A silhouette of a worker on a lift basket, working on a power line against a bright sky. The worker is wearing a hard hat and safety harness. The lift is suspended by cables and pulleys.

SAFETY STARTS **HERE**

**ALL WORKERS  
MUST BE FIT FOR  
DUTY WHEN  
WORKING FOR  
VALARD.**

This includes the use  
of prescription and  
Over-the-Counter  
medication.



## DISCLOSURE

All workers must disclose the use of medications (prescription and over-the-counter) that could affect their ability to work safely to their immediate supervisor.

The supervisor will inform Human Resources and/or Safety to review the medication and determine if further evaluation is needed.

## EVALUATION & MODIFICATIONS TO JOB DUTIES

Prior to an employee being permitted to work while using a medication, Valard may require the employee to provide further information. For some medications, Valard may choose to have an employee's treatment plan evaluated by a specialist to help determine risk and if modified duties should be assigned. Valard may also engage an Occupational Health Physician specializing in the assessment of workers in Safety Sensitive positions to determine if restrictions are required for certain prescriptions or over the counter medications.

The employee's supervisor will be advised of any required modifications to job duties, while maintaining confidentiality of all medical information obtained about the employee. Employees should not be permitted to work in Safety Sensitive positions until the medication has been reviewed.



## ***IMPAIRED INDIVIDUALS WILL NOT BE TOLERATED AT VALARD.***

Individuals suspected to be under the influence of drugs or alcohol will be escorted out of the work area immediately and will be dealt with as dictated by Valard's HSE Policy 16 - Substance Abuse Program.

### **OVER-THE-COUNTER (OTC) MEDICATIONS**

OTC medications are medications you do not need a prescription to obtain. Some OTC may cause impairment so it is important to know what you are taking and how it will affect you.

- **Muscle relaxers** - used to treat muscle cramps and tension (e.g. Flexeril, Robaxisal, Robaxacet)
- **Anti-nausea** – used to prevent motion sickness and nausea (e.g. Gravol, Antivert)
- **Antihistamines** – widely prescribed for hayfever and other allergies. These are found in many cold medications (e.g. Chlor-Tripton, Benadryl)
- **Cough medication** - containing dextromethorphan (DM) or codeine (e.g Nyquil, Sinutab, Contac, Triaminic, Tussionex)

### **PRESCRIPTION MEDICATIONS**

Prescription medications are obtained and used under the care of a physician. Like OTC medications, some prescriptions can cause impairment and are not safe for a Safety Sensitive position.

- **Anti-depressants** – used to treat symptoms of depression (e.g. Celexa, Prozac, Zoloft)
- **Opioid (narcotic)** – used for pain or addiction (e.g. Methadone, Methadose, buprenorphine Bunavail, Suboxone, Zubsolv)
- **Barbiturates** – used as sedatives, hypnotics, tranquilizers, antidepressants, anticonvulsants – (e.g. Phenobarbital, Anafranil).
- **Narcotics** – used to treat pain, suppress cough, alleviate diarrhea and induce anesthesia (e.g. Demerol, OxyContin, Morphine, Percocet, Codeine). Codeine is often found in combination drugs such as 222s, 292s or Tylenol 1, 2, 3s, as well as cough medications
- **Stimulants** – used for central nervous system stimulation and for appetite suppression (e.g. amphetamines or medications sold as “diet pills”)

### **IF YOU HAVE ANY QUESTIONS, PLEASE:**

- Speak to your direct supervisor;
- Speak to your safety representative;
- Contact Human Resources | [HR@valard.com](mailto:HR@valard.com)
- Contact Safety | [safety@valard.com](mailto:safety@valard.com)