

## Drug Testing Frequently Asked Questions

### What is a "Drug Free" jobsite?

A "Drug Free" jobsite has drug testing requirements written in the specification which require the contractor to test the workforce on that job.

### How do I participate in the program?

You must get an initial program test by:

- a) Receiving a dispatch slip from your local Union Hall
- b) Going to an approved Collection Facility

### How do I schedule an appointment with a collection facility for a test?

You will receive information at dispatch.

### What happens if I refuse a test?

If you refuse a Pre-Access test you will not be able to work on a jobsite requiring Pre-Access Testing.

If you refuse a Post-Incident test you will be deemed to have a positive test (ie. to have failed the test).

### What happens if I fail a test?

If you fail a Pre-Access test consult your union representative as different companies have different return to work policies ranging from next-day to six months.

If you fail a Post Incident test possible consequences are listed in the Canadian Model's policy section; however you should consult your union representative to discuss your situation.

## Rehabilitation Steps

- 1. Health and Welfare Referral:** You must contact the Health and Welfare Fund to be directed to an EAP
- 2. Evaluation by Substance Counselor:** You must complete the substance abuse evaluation.
- 3. Rehabilitation Program:** You must complete the rehabilitation program
- 4. Return to Duty:** You must submit a non-negative Return-to-Duty drug screen.

## Approximate Detection Times

Drug Detection Times in urine are expressed below in terms of lower and upper boundaries. The amount of time that a drug/metabolite remains detectable in urine can vary, depending on the following factors: Amount and Frequency of Use: Single, isolated, small doses are generally detectable at the lower boundary. Chronic and long-term use typically result in detection periods near or at the upper boundary. Metabolic Rate: Individuals with slower body metabolism are prone to longer drug detection periods. Body Mass: In general, human metabolism slows with increased body mass, resulting in longer drug detection periods. In addition, THC

(marijuana's active ingredient) and PCP are known to accumulate in fatty lipid tissue. Chronic users, physically inactive users, and individuals with a high percentage of body fat in relation to total body mass are prone to longer drug detection periods for THC and PCP. Age: In general, human metabolism slows with age, resulting in longer drug detection periods. Overall Health: In general, human metabolism slows during periods of deteriorating health, resulting in longer drug detection periods. Drug Tolerance: Users typically metabolize a drug faster once a tolerance to the drug is established. Urine pH: Urine pH can impact drug detection periods. Typically, highly acidic urine results in shorter drug detection periods. Note: In a small percentage of cases, users may test positive longer than times shown - most notably in cases of long-term chronic abuse, in individuals with significant body mass and/or body fat, and in individuals with health related issues resulting in abnormally slow body metabolism. These detection times are based on urine analysis. Detection times for hair follicle, blood and saliva tests are much higher.

## Drug Group

|   |                  |
|---|------------------|
| Alcohol                                     | 24 hours or less |
| Amphetamines                                | 1 to 5 days      |
| Barbiturates Short-acting                   | 1 to 5 days      |
| Long-acting (Barbital, Phenobarbital):      | 1 to 3 weeks     |
| Benzodiazepines Short-term Therapeutic Use: | 1 to 5 days      |
| Long-term / Chronic Use:                    | 1 to 3 weeks     |
| Cocaine                                     | 1 to 5 days      |
| LSD   | 1 to 5 days      |
| Marijuana (THC) Casual Use:                 | 1 to 5 days      |
| Long-Term / Chronic Use:1 to 10 days        | 1 to 4 weeks     |

**Note:** THC, marijuana's primary active ingredient, is stored by the body in fatty lipid tissue. From there, it is slowly released into the bloodstream for up to several weeks - depending on the amount and frequency of use and the user's level of physical activity. In chronic and physically inactive users, THC may accumulate in fatty tissues faster than it can be eliminated. This accumulation leads to longer detection periods for these individuals. Also, users with a high percentage of body fat in relation to total body mass are prone to longer drug detection periods for marijuana.

|                                 |              |
|---------------------------------|--------------|
| MDMA (Ecstasy)                  | 1 to 7 days  |
| Methadone                       | 1 to 7 days  |
| Methamphetamines                | 1 to 7 days  |
| Opiates                         | 1 to 8 days  |
| PCP (Phencyclidine) Casual Use: | 1 to 10 days |
| Long-Term / Chronic Use:        | 1 to 4 weeks |

**Note:** PCP is stored by the body in fatty lipid tissue. From there, it is slowly released into the bloodstream for up to several weeks - depending on the amount and frequency of use and the user's level of physical activity. In chronic and physically inactive users, PCP may accumulate in fatty tissues faster than it can be eliminated. This accumulation leads to longer detection periods for these individuals. Also, users with a high percentage of body fat in relation to total body mass are prone to longer drug detection periods for PCP.