



# Integrity Sampling

DRUG & ALCOHOL MANAGEMENT SOLUTIONS

Welcome to our latest newsletter. We aim to update our valued partners and the workplace (generally) about issues that face our industry; drugs and alcohol in the workplace. We highlight the latest trends, what concerns are filtering through to the shop floor, and help to educate those who strive for a safer and harm free workplace.

Integrity Sampling P/L is Australia wide, with 130 staff and technicians. We are Australia's leading drug and alcohol testing company. We service the transport, warehousing, manufacturing, building, construction, logistics, aviation, marine, mining, forestry, automotive and allied industries, performing in excess of 50,000 tests annually.

## AUGUST 2017 NEWSLETTER

### Changes to privacy laws

#### What does it mean for Integrity Sampling and you?

We regularly hear about privacy breaches through the media and the issue seems to be increasing. Evidence appears to back this up. For example:

- The number of data breaches reported to the Office of the Australian Information Commissioner (OAIC) has increased over the years. There were 110 reported breaches in 2014/15, compared to 71 the previous year.
- In 2016, around 5% of Australians (970,000 people) were exposed to a breach of their private information.
- The cost of identity crime last year alone was \$2.2 billion.
- According to a KPMG report, almost ¼ of Australians are extremely concerned about how their personal data is handled.

Which is why many are welcoming changes to the Privacy Act, which are now in place.

The changes establish mandatory notifications when data breaches occur. Any breach of data that involves personal information and is likely to result in serious harm to any individual that the information relates to will need to be reported to the OAIC. The OAIC is then able to direct the government agency or business involved to notify those individuals concerned.

The Notifiable Data Breach scheme or NDB aims to:

- Strengthen the protections afforded to everyone's personal information
- Improve transparency in the way that organisations respond to serious data breaches
- Increase consumer and community confidence that personal information is being respected and protected
- Provides individuals the opportunity to take steps to minimise the damage that can result from unauthorised use of their personal information

The changes will apply to all organisations that are already required by the Privacy Act to keep information secure. This will include most businesses, including those that turnover \$3 million a year or more and enterprises that handle sensitive information.

Integrity Sampling will be affected by the changes and most of our clients are likely to be affected as well.

At Integrity Sampling, through our drug and alcohol management services, we collect, hold and use confidential and sensitive information about our clients and their employees. We've always taken the handling of this data very seriously and do our utmost to ensure all information is handled safely and securely.

The amendments to the Privacy Act won't change this responsibility for us or for any other business. It simply means that if there is a data breach, either accidentally or deliberate, the breach must be disclosed, so that the people affected can be notified ASAP.



## Global Drug Survey sheds secrets on drug use

The Global Drug Survey is the biggest survey of its kind and the results are a look into the dark and not-so-dark side of illicit and non-illicit drugs. The 2017 survey researched the habits of 120,000 people across 50 countries, including nearly 6000 Australians.

Key findings from the 2017 survey included:

- 79.3% of respondents said they have used illegal drugs in their lifetime.
- 65.1% said they've used illegal drugs in the past 12 months, with 36.8% claiming they've used in the past month.
- Globally, methamphetamines (ICE) are responsible for more emergency medical treatments than any other drug.

See <https://integritysamplingaustralia.com.au/2017/06/global-drug-survey-2017> for further findings.

## Amphetamines versus methamphetamines

If you've ever wondered what's the difference between amphetamines and methamphetamines (e.g. ICE), <https://integritysamplingaustralia.com.au/2017/06/amphetamines-versus-methamphetamines> explains the differences succinctly.

While the two drugs are both stimulants, and therefore speed up messages travelling between the brain and the body, there are several reasons why methamphetamines is considered more dangerous:

- Amphetamines are sometimes prescribed by a doctor in controlled doses to treat many conditions. Methamphetamines – in controlled or uncontrolled doses – are never used as a medication.
- Methamphetamines, commonly called ICE or crystal meth, is stronger than amphetamines.
- This makes methamphetamines more addictive and more harmful, and is why the side effects from the drug can be extreme.

## Alcohol and health

While we regularly promote the dangers of drinking alcohol and going to work, there's another risk that many of us flout when it comes to alcohol and that's the affects it can have on our health. Either knowingly or unknowingly, a large number of Australians drink alcohol at levels that increase risk of alcohol-related harm.



Things to consider when it comes to alcohol and health:

- For long-term health, limit your intake to 2 standard drinks on any day.
- For short-term health, drink no more than 4 standard drinks on a single occasion.
- Remember these are standard drinks. A full-strength can of beer is 1.4 standard drinks. For wine, a standard drink is 100mls. That glass of wine you purchase in the pub or a restaurant, or pour for yourself at home, may be well over this.

Go to <https://integritysamplingaustralia.com.au/2017/05/alcohol-health> for further details.

## Drug and alcohol testing on a vast scale

We know that Western Australia is our biggest state and is often described as vast, but so too can Integrity Sampling's reach in WA.



As highlighted in a recent website post, Integrity Sampling's service area in WA takes in most substantial workforce areas of WA, including the Pilbara and Kimberley regions in the north, to the Great Southern region in the south; and from the Mid-West in the west of WA, to the Goldfields area in the central part of the state.

To increase this reach even further, our WA colleagues use fully equipped 4WD vehicles and portable drug and alcohol testing equipment, which means they can access even out of the way locations such as farm paddocks and remote mines.

To read the full article, go to <https://integritysamplingaustralia.com.au/2017/06/drug-alcohol-testing-western-australia>.

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