

Cannabis Facts

Did you know?

- 1. Cannabis, even when legalized on October 17, 2018, remains a drug which can impact fitness for duty and will be treated in a manner similar to alcohol.** Cannabis use has an impairing effect. These impairing effects pose significant safety risks and are incompatible with working in a safety sensitive environment. Cannabis will not be allowed on Suncor's premises, and cannot be used in a way that will impact an employee's fitness for duty while on Suncor business or on Suncor premises even once legalized.
- 2. Cannabis is much stronger than it was even just a decade ago.** Plants are cultivated to have more THC. The THC content has increased from approximately 3 per cent in the 1980's to approximately 12 per cent in 2012.
- 3. Cannabis oils such as CBD oil are sometimes confused with hemp products.** Hemp products are legal and come from a different part of the cannabis plant. CBD oil and other cannabis products purchased without an authorization from a licensed healthcare practitioner and from a licensed producer are currently illegal until new legislation and new regulations are in place.
- 4. According to Health Canada, the short term effects of cannabis use may include:** the impaired ability to: drive safely or operate equipment; remember; concentrate; pay attention; react quickly; and may lead to confusion; sleepiness; and feelings of anxiety, fear or panic. Individual effects may vary depending upon, without limitation, frequency of use, whether use was recent or not, dosage, THC content of the cannabis plant, and factors personal to the individual.
- 5. Health Canada also identifies long-term effects of cannabis use** which are: an increased risk of addiction, and potential impacts to memory, concentration, intelligence, and the ability to think and make decisions.
- 6. Cannabis, just like any other drug, can lead to addiction.** It affects the brain's reward system in the same way as all other addictive drugs —and the likelihood of developing problematic use or addiction increases considerably for those who start young.

If you suspect you have a substance related problem or an emerging problem with alcohol or drugs, ask for help right away. Please contact Health & Wellness (your site's Occupational Health Nurse or the Integrated Disability Management Program). Your disclosure will be held in confidence. You may also contact Suncor's confidential Employee and Family Assistance Program for assessment and support.