

## WHAT IS THC?

Cannabis is the most commonly used illegal drug in Australia. Ingesting the drug can result in the onset of several physical and psychological symptoms, though severity varies depending on factors such as; how much is consumed, frequency of use, how it is taken, its strength, user tolerance level, user mood, and whether it was used together with other substances.

THC is the principal psychoactive component of cannabis and provides users with the feeling of being "high".

## HOW THC IS USED AND HOW TO IDENTIFY IT?



Hashish Oil is a particularly potent extract that can contain up to 90% THC. It is gold/amber in hue to dark brown, translucent or opaque. It is smoked, vaped, eaten, or applied topically.



Herbal Cannabis looks like dried herbal material and is generally green, brown, or grey in colour. It is typically dried and often blended with tobacco. It can also be baked into foods (an "edible") or boiled into a tea.



Hashish comes in small blocks of resinous material that are a reddish-brown to black colour. Similarly to Herbal Cannabis, the material is either smoked through a pipe, bong, or rolled cigarette, baked into foods, or boiled with water to create a tea.

## COMMON STREET NAMES

Mull, bud, dope, pot, grass, weed, head, Mary Jane, doobie, ganja, hashish, hash, hooch, bhang, 420, Ashes, Atshitshi, Aunt Mary, Bammy, Baby Bhang, Blanket, Blunt, Bo-Bo, Bobo Bush, Bomber, Boom, Bud, Broccoli, Cheeba, Chronic, Cripple, Dagga, Dinkie Dow, Ding, Dona Juana, Dona Juanita, Flower, Flower Power, Flower Tops, Gasper, Giggle Smoke, Giggle Weed, Good Giggles, Good Butt, Green, Herb, Hot Stick, Jane, Jay, Jolly Green, Jolly Green Giant, Joy Smoke, Joy Stick, MJ, Roach, Reefer, Skunk, Smoke,

## BUSINESS RISKS

Whilst under the influence of GHB, many of the symptoms associated with the drugs consumption are likely to cause hazardous behaviours in the user. These actions may not only affect the user personally, but also; the safety of co-workers, a greater risk of damage to plant and equipment, and in the event of an accident, ongoing commercial impacts such as increased insurance premiums, costs associated with injury management, and the potential for costly legal action.

## ABOUT APAC DIAGNOSTIC

APAC Diagnostic sponsors the NO DRUGS AT WORK campaign and also offers fully customisable drug testing solutions for your workplace. Please contact our team on +61 2 9986 2252 or via email and we will be pleased to help you in working to create a safe and drug free workplace.

## AVAILABILITY

According to participants in the Illicit Drug Reporting System (IDRS) 2020, Cannabis is "easy" or "very easy" to obtain. Users reported that purity and pricing had remained consistent in comparison to previous periods, as were the varieties available.

In 2018-19 approximately 50% of national drug seizures involved Cannabis. Nearly 8 tonnes were seized in 2018-19 which represents a 20% increase on the amount seized 10 years prior. Similarly, detections at the Australian Border (1.8 tonnes in 2018-19) have also increased significantly.

In 2020, the main approach for arranging the purchase of any illicit or non-prescribed drugs by participants of the Drugs Reporting System (EDRS) in the previous 12 months was via social networking applications (such as Facebook, WhatsApp, Snapchat, Grindr, Tinder) (75%), followed by face-to-face (67%). The primary source was friends (65%), followed by dealers (17.9%).

## QUICK FACTS ABOUT USAGE

- Cannabis is the mostly widely used illicit drug in Australia, with a 1.2% increase in usage between 2016 and 2019.
- Cannabis was the 2nd most common drug type identified during toxicology exams on victims of transport accidents in 2016.
- Between 2016 and 2019, there was a marked uptick in the use of Cannabis by older Australians. In the age bracket 50-59, usage increased by 2.4% to 9.2%. Of those 60 plus in age, usage increased by 1% to 2.9%.
- In 2019, there were 206 Cannabinoid related deaths.
- As reported in the AIHW 2020b Report, 37% of people who used Cannabis did so weekly, making Cannabis more frequently used than drugs like Ecstasy (6.7% of users do so weekly), and Cocaine (4.5% of users do so weekly).

## SIGNS OF OVERDOSE

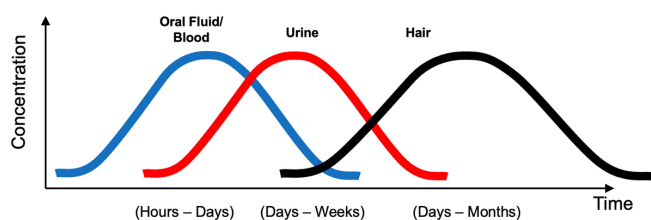
Fatal overdoses of THC are rare, however that does not mean overdosing is harmless.:

- “Greening” – Nausea, dizziness, pale complexion, and sweating. Severe reactions may include “Blacking Out” and a temporary loss of memory.
- Confusion, anxiety, and panic, and paranoia
- Rapid breathing and elevated heart rate
- Severe nausea and vomiting
- Hallucinations and delusions

## DETECTION WINDOW

A Drug Detection Window is the period of time after a drug's ingestion by a user during which a drug or its metabolites remain present in the user's system and can be detected through various drug testing protocols. For GHB, the periods of time are:

- Urine: 1-30 days
- Saliva: 12-24 hours
- Hair: No reliable test
- Sweat: 1-4 days
- Blood: 2-3 days



## SIGNS OF USE

- Docility, clumsiness, slow reflexes, and conformity
- Increased sociability, with euphoric feelings and bouts of spontaneous laughter and excitement
- Blurred vision, enlarged pupils, and bloodshot eyes.
- Increased appetite and dry mouth
- Fast heartbeat and breathing
- Quiet, and reflective mood/thoughts
- Anxiety and paranoia
- “Greening” – Nausea, dizziness, pale complexion, and sweating. More severe reactions may include “Blacking Out” and a temporary loss of memory.

## SYMPTOMS OF WITHDRAWAL

Symptoms associated with Cannabis product withdrawal are generally considered as relatively mild, and last between 1 and 2 weeks. The exception to this is sleeplessness, which may endure for much longer:

- Cravings
- Reduced appetite and sudden weight loss
- Restless sleep
- Anxiety and irritability
- Hot and cold flushes, and night sweats
- Insomnia
- Nausea

## WHAT TO DO IN THE EVENT OF AN OVERDOSE

If someone looks like they are in trouble and there is a suspicion that they may have been using drugs, it's very important that they get medical help quickly. A quick response can save their life.

- Call an ambulance by dialling triple zero (000). Ambulance officers are not required to involve the police unless they feel in danger.
- Stay with the person until the ambulance arrives. Find out if anyone at the scene knows CPR in case the person stops breathing.
- Ensure the person has enough air by keeping crowds back and opening windows or taking them outside. Loosen tight clothing.
- If the person is unconscious or wants to lie down, put them in the recovery position. This involves gently rolling them onto their side and slightly tilting their head back. This stops them choking if they vomit and allows them to breathe easily.
- Provide ambulance officers with as much information as you can, such as how much of the drug was used, how long ago and any pre-existing medical conditions. If they have taken a drug that came in a packet, give the packet to the ambulance officers.
- If you can't get a response from someone, don't assume they're asleep. Not all overdoses happen quickly and sometimes it can take hours for someone to die. Doing something early could save a life.
- Update your Incident and/or Injury Register with all required details(12)

## DEVELOPING A WORKPLACE ALCOHOL AND DRUG POLICY

Alcohol and drugs—including medicines prescribed by a doctor or available from a pharmacy—can affect a person's ability to work safely. For help developing a policy for your workplace, please visit: [www.apacsecutiry.com.au/workplacepolicy](http://www.apacsecutiry.com.au/workplacepolicy).