

Points to Remember!

Don't let alcohol and drug use on your own time affect your work performance.

Arrive at your jobsite on time and ready to work.

Provide your body with adequate nutrition to work hard throughout the day.

Tobacco Use

- Smoking is prohibited in many Wisconsin workplaces, including an increasing number of construction jobsites.
- If you are a tobacco user, make sure that you know the rules regarding smoking in workplace buildings or on the grounds.

Food and Nutrition

- Always begin your day with a good breakfast that provides your body with the nutrition necessary to work hard throughout the day.
- Pack a healthy lunch that provides your body with the nutrition necessary to work hard throughout the day.
- Avoid foods that are loaded with fat and empty calories, such as donuts, and most fast foods.

Participant Signature(s) and Date:
