

Welcome to the Hard Hat Training Series!



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Welcome to the Hard Hat Training Series. Today, you will learn about cannabis awareness. Cannabis is now one of the most common drugs used recreationally in the United States. As such, it is important that we provide you with the knowledge that you need to use it responsibly, as well as how to prevent, identify, and respond to cannabis related issues.

Throughout this training, we will discuss the various forms and components of cannabis, the risks and benefits of its consumption, and its uses medicinally. We will also discuss the dangers of using cannabis in the workplace and the risk for addiction.



Before we continue with our training, it is important that we define a few terms relating to cannabis and its use:

Pipe: Instruments made from a variety of materials such as stone, bamboo, wood, and ceramic, used to smoke cannabis. Most commonly they have a receptacle, stem, and a mouthpiece. The smoking material is placed in the receptacle and heated, while air is drawn through the bowl and stem to the user.

Bong: Similar to a pipe, a bong has a water chamber through which cannabis smoke passes prior to inhalation, cooling the smoke.

Joint: Joint is a slang term for a cigarette filled with cannabis instead of tobacco.

Blunt: A blunt is created when cannabis is rolled in a cigar wrapper



History of Cannabis Use

Cannabis has been used for both medicinal and spiritual purposes for ages, and as such, has traditionally been widely legal around the world. For example, the Vikings used it to relieve the pain of childbirth and toothaches. After spreading across the world, cannabis was brought to the United States from Mexico in the early 20th century with immigrants fleeing the country.





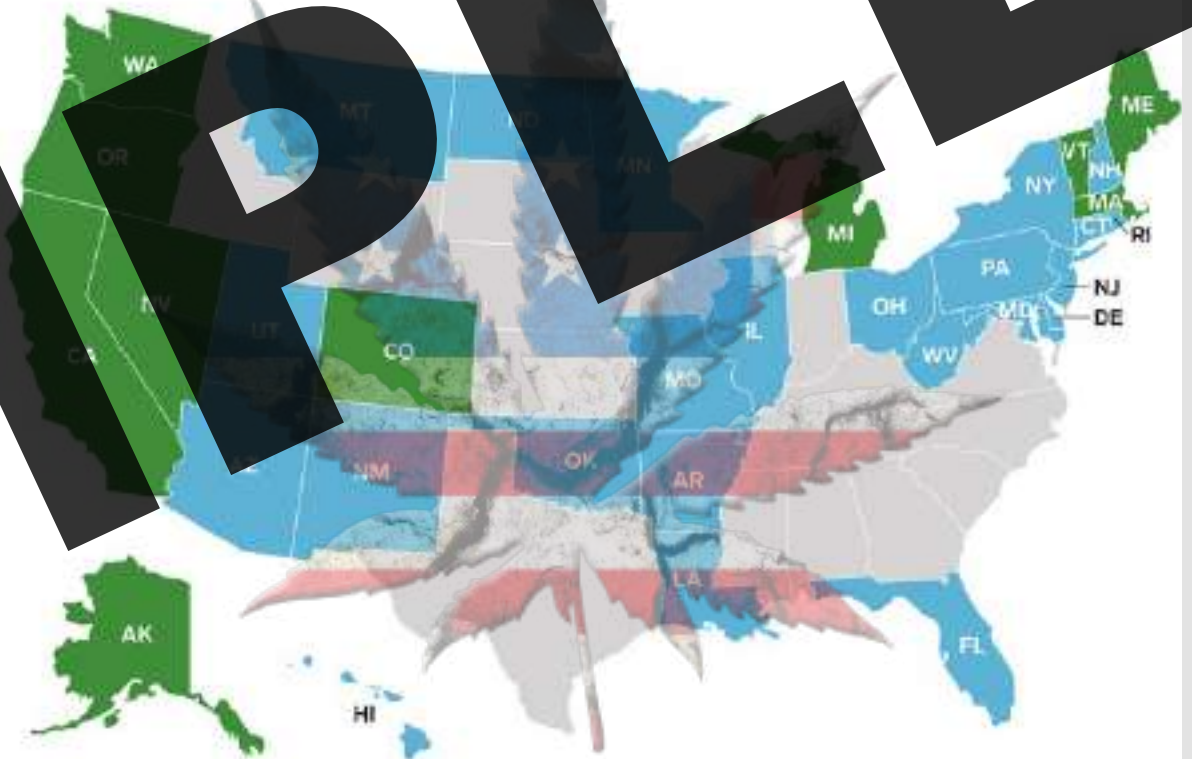
Due to early prejudices against cannabis and those who smoked it, the plant was first outlawed in the United States in 1915 and was illegal in 29 states by 1931. Finally, the Marijuana Tax Act put cannabis under the regulation of the Drug Enforcement Agency in 1937, which criminalized the possession of the plant in the country.



As awareness about the usefulness of marijuana spreads, the United States is slowly turning toward decriminalization of cannabis. While some states have legalized its use only medicinally or recreationally, others have legalized it both medicinally and recreationally. Because of this, awareness about cannabis use is more important than it has ever been.

States where marijuana is legal*

■ Legalized recreational and medical marijuana ■ Legalized medical marijuana



* As of March 2019



In 2016, 76% of doctors worldwide approved of the use of medical marijuana and in 2018, about 85% of Americans supported legalizing cannabis for medicinal use.



In 2016, Approximately 1.5% of people in the United States ages 12 and older said they had a marijuana use disorder in the past year. In addition, about 9% of the total population said that they were current marijuana users.



*In California alone,
the sale of cannabis
made over \$2.7
billion last year.*

While many people are now advocates for cannabis use and legalization, it is important to note that we do not yet know all of the consequences of this. Studies, however, are being done every single day to determine the long-term effects and other results of its legalization, both physically and financially.



With all of its drawbacks, in addition to the benefits, cannabis use is controversial. As such, it is your responsibility to be aware of the facts surrounding the drug, in addition to the pros and cons of its use. This will allow you to make informed decisions when it comes to your own health and the health of your family.



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