



# UNDERSTANDING CANNABIS: INTEGRAL TO INJURY PREVENTION AND EMPLOYEE WELLNESS

**JUNE 23, 2023 | 9AM | 1.5 HOURS**

All public employees, supervisors, managers, risk managers, wellness coordinators, and more.

## INSTRUCTOR(S)

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This presentation reviews the consequences and negative impacts associated with the increasing prevalence and use of cannabis in our society. Every employer and every employee must be aware of the multiple risks of cannabis to help them make better informed decisions and to implement and enhance safety and wellness programs.

A brief review of the importance of the cannabinergic system is discussed along with the significant impact that the commercialization of high potency THC has on the human body and mind. Higher potency THC increases the risk for the development of cannabis use disorder (CUD) and other psychological/mental health problems. High potency THC and/or increased usage leads to mental health issues including anxiety, depression, psychosis, schizophrenia and suicide. Additional problematic cannabis use outcomes include cannabis hyperemesis syndrome, cardiovascular complications, increased frequency to sustain injury, and increased risks to develop testicular cancer and cause pediatric cancers/other chromosomal changes in children of cannabis users.

Every organization should readily subscribe and strive to establish a culture of safety. Understanding cannabis, and the multiple associated health risks associated with its use, is vital in preventing injury and illness.

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