



SAFETY DIRECTOR BULLETIN



CBD OIL RISKS

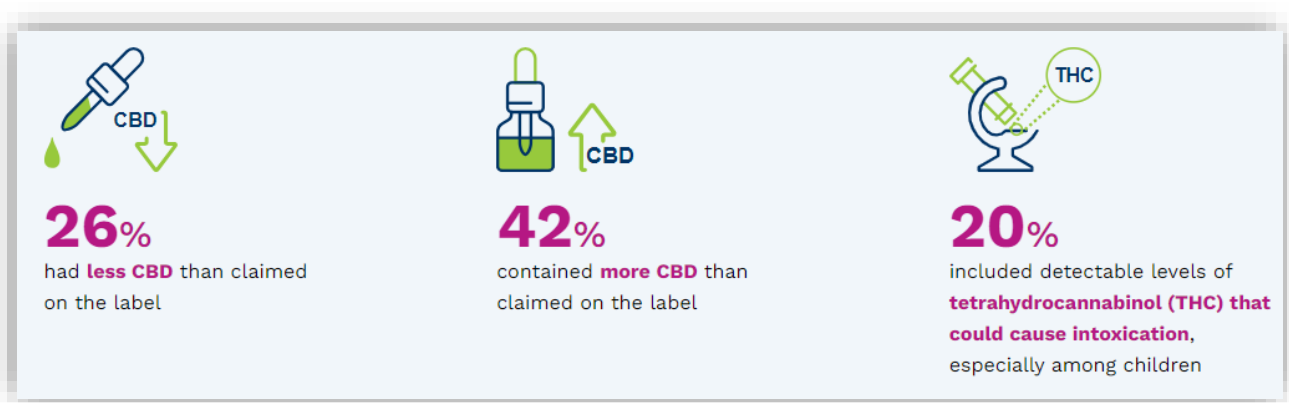
CBD (cannabidiol) oil is used to help treat a host of medical problems – everything from epileptic seizures to anxiety to inflammation and sleeplessness. However, there are many unknowns associated with its use. CBD is a molecule within the cannabis, or marijuana, plant. THC—short for delta-9-tetrahydrocannabinol—is also a molecule in the plant.

THC is the primary psychoactive ingredient in the plant; it is responsible for the "high," or feeling of euphoria, that the user might experience when traditional cannabis is used. Hemp is a legal term to describe cannabis with little to no THC in it (less than 0.3 percent). Hemp is used more and more to make CBD oils and other products, those things that traditionally won't get you "high."

The number one question is whether CBD oil will show up in a drug test. The short answer is, **MAYBE**. According to Marcel Bonn-Miller, an Adjunct Assistant Professor at the University of Pennsylvania School of Medicine, "CBD is being produced without any regulation, resulting in products that vary widely in quality. It really is the Wild West, someone who starts a CBD company could say whatever they want on a label and sell it to people."

In 2018, the U.S. Food and Drug Administration advisory panel unanimously recommended approval of the CBD medication Epidiolex to treat two rare forms of childhood epilepsy. "That's really the only area where the evidence has risen to the point where the FDA has said this is acceptable to approve a new drug," said Timothy Welty, chair of the Department of Clinical Sciences at Drake University's College of Pharmacy and Health Sciences, in Des Moines, Iowa. "For the rest of CBD's potential uses, there is simply too little evidence to make a firm conclusion."

In one study published in the Journal of the American Medical Association (JAMA), of the non-FDA approved CBD products tested:



Given the lack of regulatory oversight on the production of CBD oil, it's recommended it is not used by operators of vehicles owned by public employers. For CDL drivers, CBD oil may be detected as marijuana in a Drug Panel since there is no way of truly knowing what is in the oil.

Any positive test for marijuana will affect your ability to operate CDL vehicles and must be reported to the [CDL Clearinghouse](#) where it will remain on your record.