



## TOOLBOX TALK: PRESCRIPTION OPIOIDS

# Reduce the Risk of Addiction

The United States Department of Health & Human Services reported that 32,656 deaths were attributed to overdosing on opioids, other than methadone, in a 12 month period. Drug overdoses continue to be the leading cause of injury-related death in the United States. Effective pain management is essential to fighting the opioid epidemic.

### WORK WITH YOUR DOCTOR

When facing an injury that is causing chronic pain, effective pain management is vitally important. Treatment options should be discussed with your healthcare provider, along with the risks and benefits of medications such as prescription opioids. The use of opioids has led to addiction and overdose deaths, so understanding the risks and safer alternatives can help you take the best path to recovery.

#### If you are prescribed opioids for pain, remember:

- Do not take a greater amount or more often than prescribed
- Follow up with your primary health care provider
- Store prescribed medications in a secure place and out of the reach of children, friends, and family
- Avoid alcohol

To avoid the risk of addiction, talk to your healthcare provider about ways to manage your pain that does not include prescription opioids. There are options that can potentially help the healing process with fewer risks and side effects. Options may include:

- Pain relievers such acetaminophen, ibuprofen, and naproxen
- Medications used for depression or seizures
- Physical therapy and exercise
- Cognitive behavior therapy to change patterns of thinking or behavior that are behind people's difficulties

If you or someone close to you needs help for a substance abuse disorder, talk to your healthcare provider or call SAMHSA's National Helpline at **1-800-662-HELP**.



**47,600**

People died from overdosing on opioids.



**2 Million**

People had an opioid use disorder in 2018.



**10.3 Million**

People in 2018 misused prescription opioids.

# We Are Here

Do you have a question about safety and health? Contact us and we can assist you.  
[safeatwork.mo.gov](http://safeatwork.mo.gov)

I understand the information presented and the importance of knowing the risk factors of using opioids and safety measures to help reduce the risk of drug abuse.

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EMPLOYEE NAME: \_\_\_\_\_ EMPLOYEE SIGNATURE: \_\_\_\_\_

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Learn more ways to keep your workplace safe.  
Visit [safeatwork.mo.gov](http://safeatwork.mo.gov).

