

### WHAT ARE EDIBLES?

Edibles are products you eat or drink that are infused with cannabinoids, such as tetrahydrocannabinol (THC) or cannabidiol (CBC). They are typically used as an alternative to smoking or vaping consumption.



### DID YOU KNOW?

Canada's second wave of cannabis legalization under the Cannabis Act comes into effect on October 17, 2019 to regulate three new classes of products:

- Edibles
- Topicals (lotions, balms, makeup)
- Extracts

This bulletin focuses on the first type of new product: edibles.

The regulations set a limit of 10 mg of THC in a single serving for edible products, regardless of whether it contains single or multiple items, a package of edibles cannot exceed 10 mg.

### WHAT ARE THE RISKS?

The risks for consuming edibles can differ from other forms of cannabis consumption (e.g. smoking, vaping). These include:

- **Longer impairment** - The effects of ingested THC can last up to 12 hours with residual effects lasting up to 24 hours.
- **Accidental overuse** - The ingested onset of THC is typically slower—between 30 minutes to two hours—with full effects peaking at four hours. People not feeling immediate effects may assume it is safe to take more, resulting in overuse.
- **Impairment effect** - THC by itself can cause decreases in cognitive and motor functions along with behavioral changes. Mixed with alcohol or other prescription drugs, the impairment effect can increase dramatically.
- **Accidental ingestion** - Once the product is out of the package, it is difficult to identify as a cannabis product.
- **State of mind** - Regular cannabis use (ingestion or inhalation) can increase the risk for developing several mental health conditions, such as anxiety, depression, bipolar disorders and psychosis.

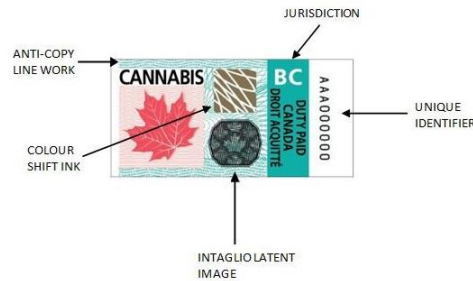


## RECOGNIZE THE SIGNS

Edible products containing THC will carry standardized symbols, labelling to indicate which province it originated from, and warning messages.



This symbol tells you the item contains THC



Example of a label for a product from BC

## REMEMBER

The effects of cannabis are complex and vary among individuals. Just because it is legal, does not mean it is safe or healthy.

## RESOURCES

- [An Overview of Marijuana & the Safety-Sensitive Worker, Dr. Brendan Adams](#)
- [Legal Does Not Equal Safe](#)
- [Cannabis-Impaired Driving](#)
- [Canadian Model for Providing a Safe Workplace, Version 6.0](#)
- [eLearning Course: Understanding our Canadian Model](#)
- [Cannabis in Safety-Sensitive Workplaces](#)
- [Canadian Centre on Substance Use and Addiction](#)
- [Government of Canada Campaign, Don't Drive High](#)
- [Life Saving Rules - Energy Safety Canada](#)

## PRESENT LIKE A PRO

**Before you begin:**

Review this material and make sure you understand it and how the topic can be applied.

Research your own company's experience so you can provide examples that pertain to your work areas.

Anticipate questions and be prepared to answer/discuss them.

**Challenge the group:**

Does the group know and understand the workplace policies and expectations around recreational cannabis?

Ask the group their concerns relating to edible products.

Discuss the consequence of impairment in the workplace and the unnecessary risk it poses to other workers and the community.

