



What you need to know about medication:

Listed below are some questions you should be asking yourself when taking any prescription and/or over-the-counter medication.

1. Does the way you are taking the medication comply with the “Restricted medication policy?” (The restricted medication policy can be found on the CSXT Gateway.)
2. Is it prescribed by a Licensed Physician?
3. Is it in your name?
Example: You cannot take your wife’s, husbands, kids, friends prescription medication...
4. Are you taking it in the prescribed dosage?
Example: If the label on the prescription bottle or box says take one pill every 4 hours you cannot take every three hours.
5. Is the date valid or has it expired?
Example: If the prescription says take 2 pills for 5 days, you cannot be taking the medication on day 6 or later.
6. Does it affect your ability to do your work safely? If so, you can’t take it.

Remember:

*CSXT Rule 106 (G) states “Employees shall neither report for duty nor perform service while under the influence of, nor use while on duty or on CSX property, any drug, medication, or other substance, including prescribed medication that will in any way adversely affect the employees’ alertness, coordination, reaction, response, or safety.

- You must inform one of your treating physicians of all the prescribed and over the counter drugs you are taking so that your doctor can determine if your use of these drugs is consistent with the safe performance of your duties.
- Remember to take the safest course of action to provide a safe work environment for yourself and your co-workers.