

# CBD products



## What are CBD products?

CBD (cannabidiol) oil is extracted from strains of the cannabis plant and is sold legally in the UK as a food supplement. It has gained popularity recently and is now available in many types of products. It is not controlled under the same regulations as medication.

In order to be sold in the UK, CBD products should contain less than 0.2% tetrahydrocannabinol (THC), the chemical in cannabis that makes you 'high'. Products purchased from non reputable sources, such as over the internet or abroad, may contain higher levels of THC.

There is no guarantee CBD products are of good quality, and evidence for its benefits to health are limited. They may also cause adverse side effects.



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for the future

## **Are CBD products safe to use?**

As the quality and effectiveness of these products are still not licensed by the National Institute of Clinical Excellence (NICE) as a medicine, Network Rail is unable to determine its safety within a safety critical environment due to the potential side effects. It is therefore not recommended to be used without a review by Occupational Health.

It remains of utmost importance that any medical condition that may require use of CBD products is appropriately managed and therefore Network Rail mandates a referral to occupational health. This referral is to determine an individual's fitness for work in a safety critical environment, identify any necessary adjustments and/or restrictions, and to ensure that any medication, food and/or herbal supplements do not impact on safe working.

Network Rail strongly advises those who wish to take CBD products for health conditions discuss the products and management of the underlying health condition with their GP, if not already done so.

## **Can the use of CBD products result in a positive drug and alcohol (D&A) test?**

Using CBD products that are purchased from a reputable UK supplier that contain low levels of THC does not guarantee a negative D&A test. Should a positive D&A test occur, it will be treated in the same manner as a failure for any other prohibited substance.

For any other queries relating to CBD product use, please contact the central occupational health and wellbeing team at: [healthandwellness@networkrail.co.uk](mailto:healthandwellness@networkrail.co.uk)