

# FAQ: CBD Oil



## What is CBD oil?

CBD (cannabidiol) oil is extracted from strains of the cannabis plant and is sold as a food or herbal supplement.

Different strains of the cannabis plant contain varying levels of the psychoactive component tetrahydrocannabinol (THC) due to the differing levels of active cannabis.

In order to be sold in the UK, it must contain less than 0.2 % THC which is deemed not to cause psychoactive effects.

CBD oil is not controlled under the same regulations as a medication.



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## **Is CBD oil safe for use?**

CBD oil may cause symptoms which impact on safety critical working.

The use of CBD oil is not advisable for any Network Rail employee, due to a lack of definitive evidence that performance or judgement is not impaired.

Furthermore, the rail industry does not support the use of CBD oil.

## **What if I already take CBD oil or if my GP recommends CBD oil to support a medical condition?**

It is likely that any existing health conditions where a GP recommends CBD oil for symptom management, will require support from occupational health.

If you currently take CBD oil it is recommended that you speak to your GP to understand all potential side effects and request that your line manager refer you to occupational health.

## **How does this apply to Network Rail drug and alcohol testing?**

Network Rail has a zero tolerance to drugs and alcohol at work. Should you take CBD oil, you could be at risk of failing a drug and alcohol test.

The advice could change if new conclusive evidence emerges around the safe use of CBD oil.