

Striving to be Drug Free
for a Safe Industry

BCRC



Fall/Winter 2025

NEWSLETTER

Building & Construction Resource Center, Inc.

In this issue...

- C: Important Reminders...
- 2: FMCSA
- 3: USPS Informed Delivery
- 4: Holiday Dog Safety Tips
Coloring Contest Winners
- 5: Slow Down - Work Zone!
- 6: EAP - Mental Health
- 7: EAP - Virtual Counseling
- B: Closure Dates

Important Reminders...

PLEASE REVIEW THE FOLLOWING GUIDELINES TO HELP ENSURE COMPLIANCE WITH BCRC POLICIES:



Dilute Specimens: Per the policy, Dilute specimens are not accepted by BCRC. Over hydration can lead to dilute specimens. Testing in the morning is recommended to avoid this result.

Contact Information: Keep your phone number, email, and address current with BCRC. Accurate contact information ensures you are properly notified if selected for a random test. If you miss a random, call the office. Do not test without prior authorization.

Random Testing: In order to prevent being selected for a random while on vacation, let the office know so we can put you on vacation status. You can call, text or email the office anytime. If you miss a random selection, do not proceed with testing on your own. Please call the BCRC office for assistance

Post-Accident Protocol: If you are a Designated Employer Representative (DER) and a post-accident occurs, immediately notify BCRC with the relevant details.

Prescription Medication: We recommend keeping a photo of your current prescription (RX) saved on your phone. This allows for quick verification if contacted by the MRO and helps avoid delays in your test status.

Follow-Up Testing: If you are placed in a follow-up testing program, please be advised that the number of tests and duration will not be disclosed in advance.

Online Access: Sign up for a BCRC online account to view your status and testing history, under Member Utilities tab, at any time, 24/7.

**AT BCRC WE EXPECT
EVERYONE TO TREAT
OTHERS WITH
DIGNITY & RESPECT**

**NO THREATS.
ABUSE.
VIOLENCE.**

SAFETY HAPPENS TOGETHER!

Part of being safe means creating a safe and caring environment for our members, vendors and colleagues.

Violations of our Member Conduct Standards may result in restriction from any BCRC endorsed site and our office location.