

NLIPC



Cannabis Safety

On October 17, 2018, the production, distribution, sale and possession of cannabis for non-medical purposes was legalized in Canada. There are many different forms of cannabis, but currently only dried and fresh cannabis flower, cannabis oil, cannabis plants, and cannabis plant seeds may be sold by an authorized retailer.

Three new classes of cannabis will be legalized by October 17, 2019. These are:

Topicals: cannabis-infused lotions, balms, and oils that are absorbed through the skin. These are intended for external use only.

Edibles: products containing cannabis that are intended to be consumed in the same manner as food (i.e., eaten or drunk)

Extracts: products that contain concentrated amounts of cannabis' main active ingredients – cannabinoids (you may have heard of THC and CBD). Extracts can come in many forms, including solid, semi-solid or liquid forms. Some examples include hash and shatter.

NLIPC recently established a Cannabis Safety Working Group in an effort to promote safe practices around cannabis use and possession. Stay tuned for cannabis safety information in the coming months, particularly surrounding the new classes of cannabis to be legalized this fall.

Here are some safety tips to keep in mind if you choose to use and/or possess cannabis:

1. Store cannabis 'up and away', that is, out of reach and out of sight of children and pets.
2. Store cannabis in its original child-resistant packaging. Consider storing cannabis and cannabis accessories (pipes, grinders, rolling papers, etc.) in a lock box.
3. If you are new to cannabis, be careful and start slow with a small dose. Wait for the effects from your first dose to kick in before proceeding to use more.
4. Never drive high. Wait **at least** 6 hours after inhaling cannabis and 8 hours after ingesting it before driving. Wait even longer if you still feel any effects.
5. Never drive under the influence of cannabis in combination with alcohol.