

Saliva Vs Urine Testing



There are several reasons why employers might choose to implement drug testing policies for their employees. The question we are commonly asked, which test do we need, Saliva or Urine?

Employers have a legal obligation under the Work Health and Safety Act 2011 to provide a safe work environment for all employees. Illicit drugs can compromise ability on the job, such as lower reaction time, hinder cognitive ability, or impaired judgement.

Industries such as transportation, mining, building and construction, manufacturing, or oil and gas fields have a zero tolerance for employees on drugs. Serious accidents, injuries, or death can occur as a result, so it is a standard practice to put a drug testing policy in place.

Drug testing employees helps navigate and prevent health and safety risks, deter potential drug use, and ensure companies comply with state regulations. Urine and saliva drug testing stands out as the most popular testing methods, but how do they compare accuracy and detection windows? This article will explain the difference between both testing methods, how these tests work, and why they are so effective. After all, a drug-free workspace reduces absenteeism, maintains a productive workflow, and keeps employers on track.

However, it's important to choose the right drug testing kit to obtain accurate and reliable results while complying with legal requirements. Additionally, having a workplace drug and alcohol testing policy is crucial to clearly communicate your expectations to your employees and establish consequences for any violations.

Saliva and urine testing are both methods used for drug testing, but they have some key differences.

In this article, we will guide you on how to select the appropriate drug testing kit for your business.

What is Saliva Testing?

Also known as oral fluid testing, this is a non-invasive drug testing method for detecting drugs within an individual's system, using a special swab to collect saliva. If an immediate or recent substance use needs to be identified, saliva swabs are a comfortable testing method for everyone involved. This test is commonly used as a Fitness for work test, a snapshot of the employees last 24 hours.

Saliva drug tests, using the Securetec DrugWipe can detect marijuana, cocaine, opiates, methamphetamine, amphetamines and Benzodiazepines, making it an effective tool for the workplace. The sample cannot be tampered with as it is conducted under direct supervision.

How does a Saliva Drug Test Work?

- › Saliva drug testing kits work by detecting the presence of drugs or their metabolites in the saliva. The Securetec DrugWipe is a quick and easy to use test, requiring minimal saliva, one gentle wipe down the tongue is all you need. Click the blue sample collector back in place and break the ampule to start the test, which gives results within a few minutes. If the test is positive, the a red line will appear, indicating the presence of the drug in the sample. DrugWipe is the ONLY drug test in the world with a positive detection method

What is Urine Testing?

Urine sample collection is a urine sample provided by an employee in a secure environment. This testing method will show if there is a presence of drugs in the employees system within 1-2 minutes.

These test kits can identify common drugs like marijuana, prescription medication, cocaine, methamphetamines. If you are employing an individual, urine tests are excellent choice for pre-employment drug testing as they can capture usage for a longer period, often up to several days or even weeks depending on the drug and frequency of use.

How does a Urine Drug Test Work?

A urine drug test kit typically includes a test strip and urine collection cup. You can find the strip on the side of the cup as on the ECO II Cup. This strip contains specific chemical markers that react to the presence of certain drugs or their metabolites in the urine. If the test is positive, the strip will change colour, indicating the presence of the drug in the sample. It is also important to check Adulterations before reading the results to ensure there has been no tampering involved.

Ease of Administration

- › Saliva Testing: Saliva testing is relatively easy to administer and doesn't require specialized facilities or equipment. It can be performed on-site, making it convenient for workplace or roadside drug testing.
- › Urine Testing: Urine testing may require more privacy and facilities for sample collection. It may not be as convenient for on-site testing compared to saliva testing.

When Are Drug Tests Performed?

When it comes to the safety of critical industries, saliva and urine lab testing is important for preventing dangerous incidents. Drug use can affect businesses of all sizes, so when can drug tests be implemented to protect the health and welfare of employees?

- › Random drug testing. Also known as unannounced testing, this involves selecting random employees for tests throughout the year. This can reduce accidents and absenteeism, encouraging employees to be responsible.
- › Pre-employment drug testing. As a common part of the recruitment process, pre-employment testing is a prerequisite for joining a business, such as scaffolding in the construction industry.
- › For-cause drug testing. Also called reasonable suspicion drug testing, this is performed where an employee has reasonable grounds to suspect an employee of drug abuse. This may be a contributing factor if an employee shows signs of unusual behaviour, absence, or reduced productivity.

- › Post-accident drug testing. If a workplace accident occurs, an employee can recommend a drug test to determine if this is the cause.
- › Return-to-work drug testing. If an employee has recently entered rehab for drug misuse, this drug test - called abstinence or follow-up testing - can facilitate an employee's return to the workplace.

Are all devices equal?

The short answer is no, not all drug testing devices are equal. Some take longer to use than others, some require a significant sample amount for collection. There are three things to factor in when looking for a suitable device:

Sensitivity - detecting the presence of drug at very low levels.

Accuracy - getting the results right every time. Minimal chance of false positives.

Specificity - relates to overall accuracy and sensitivity performance levels. Detecting specific drugs and their metabolites, as the device is designed to do

Overall, both saliva and urine testing have their advantages and limitations, and the choice between them often depends on factors such as the specific requirements of the testing situation, the drugs being tested for, and considerations regarding privacy and convenience.