

DRIVING UNDER THE INFLUENCE

DRUGS & ALCOHOL

COVID-19

Returning to normal

Restrictions worldwide are lifting at varying speeds but they're all heading in the same direction; leading us back to normal.

After prolonged periods of lockdown, seeing friends, family and having a sociable drink can be a nice way to catch up. Being social can be great for mental health, but you must be mindful of the risks of driving while under the influence.

Many drivers caught under the influence were unaware. Take some time to remind yourself of the facts as you enjoy a safe summer ahead.

THE RISKS

Driving is a skill that required concentration at all times. Driving under the influence of drugs or alcohol impairs judgement and significantly increases the risk of incidents.

In most countries, there are strict rules on how much alcohol you can consume and still legally drive. Many countries also have roadside drug testing kits, too.

You may be fined, lose your licence or face imprisonment for driving under the influence.

THE STATS

Research found fatal or serious injury crash risk increased by:

- x 2 for drivers on cannabis
- x 6 for drivers with 50-80 mg alcohol/100ml blood
- x 16 for drivers on cannabis and alcohol
- x 2-10 for drivers on cocaine or opiates
- x 5-30 for drivers on amphetamines



Alcohol Limit

Know the alcohol limit in your country/state and track your units. If you are unsure on whether you are safe to drive, **don't**. Arrange safe, alternative means to get home safely.



Journey Planning

If you plan to have a drink or it could be a possibility, plan your travel in advance. Book a taxi, an Uber/rideshare or arrange for a designated driver who will remain sober to take you home.



Morning After Driving

Almost 1 in 5 drivers convicted each year were on their way or at work the next day. Many drivers "felt okay" to drive and were surprised to be convicted of something they believed they would never do.



Prescribed Drugs

Even prescription medication poses potential risks to driving. Read the labels, instructions and warnings carefully; ask a doctor or pharmacist if it's likely to affect your driving; arrange alternative transport if needed.