

## DRIVING UNDER THE INFLUENCE

### DRUGS & ALCOHOL

#### THE RISKS

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

There is also the real risk of death or serious injury to other road users, passengers or yourself.

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**. Any amount of alcohol can impact your ability to drive safely. Arrange safe, alternative means to get home safely.



#### Morning After Driving

Almost 1 in 5 drivers convicted each year were driving the day after drinking. Many drivers "felt okay" to drive and were surprised to be convicted of something they believed they would never do.



#### 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.



#### 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.