

IMPAIRED DRIVING

As the festive period approaches you will notice the campaigns promoting awareness of impaired driving. We are all aware that impaired driving is reckless and against the law, but many people are still convicted every year.

DRINK DRIVING: MYTH BUSTING

You're safe to drive the morning after drinking

False! Almost 1 in 5 of the 65,000 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.

It's only a problem during Christmas and new year

False! June is the peak time for drink driving. Summer has more spontaneous and longer drinking episodes in the hot weather. Regardless of the seasons, it is important to be vigilant on your fitness to drive all year round.

IMPAIRED DRIVING: DRUGS

Driving while under the influence of drugs is a life-threatening risk to the driver and other road users. **Around 320 people are either killed or seriously injured every year from collisions involving motorists driving under the influence of drugs.**

Driving while under the influence can dramatically slow reaction times, reduce the ability to concentrate, alter your vision and distort the judgement of time and distance.

Different drugs have different effects on the ability to drive safely:

- Cocaine may lead to more risk-taking behaviour.
- Cannabis can make people drive too slowly, find it difficult to stay awake or to stay within designated lanes while driving.
- Amphetamines and ecstasy can cause speeding and/or erratic driving, as well as affect vision.

EU research found fatal or serious injury crash risk increased by:

- 2 times for drivers on cannabis
- 16 times for drivers on cannabis combined with alcohol
- 2-10 times for drivers on cocaine or opiates
- 5-30 times for drivers on amphetamines

PRESCRIPTION MEDICATION

Even prescription medication poses potential risks to driving. If you are taking prescribed or over-the-counter medication, you should always:

- Read the labels, instructions and warnings carefully
- Ask a doctor or pharmacist if it's likely to affect your driving
- Arrange alternative transport

TEST YOUR KNOWLEDGE

Think you know how long it takes alcohol to clear the body? Try this! You go out at 9pm for a meal and start with a pint of lager. During the meal, you have 3 glasses of wine and finish the evening with a brandy.

When will you be alcohol free and fit to drive? 3am, 6am, 11am or 3pm the next day?

Not sure? Check out these helpful online resources at drinkdriving.org

Never drive impaired. It's not worth the risk to you, your licence or other road users.