

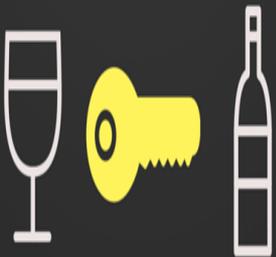
# DRINK RESPONSIBLY

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## TIPS TO STAY SAFE

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- Plan a safe ride
- Offer to be a designated driver
- Buckle up
- Report drunk driving



## Safety Facts

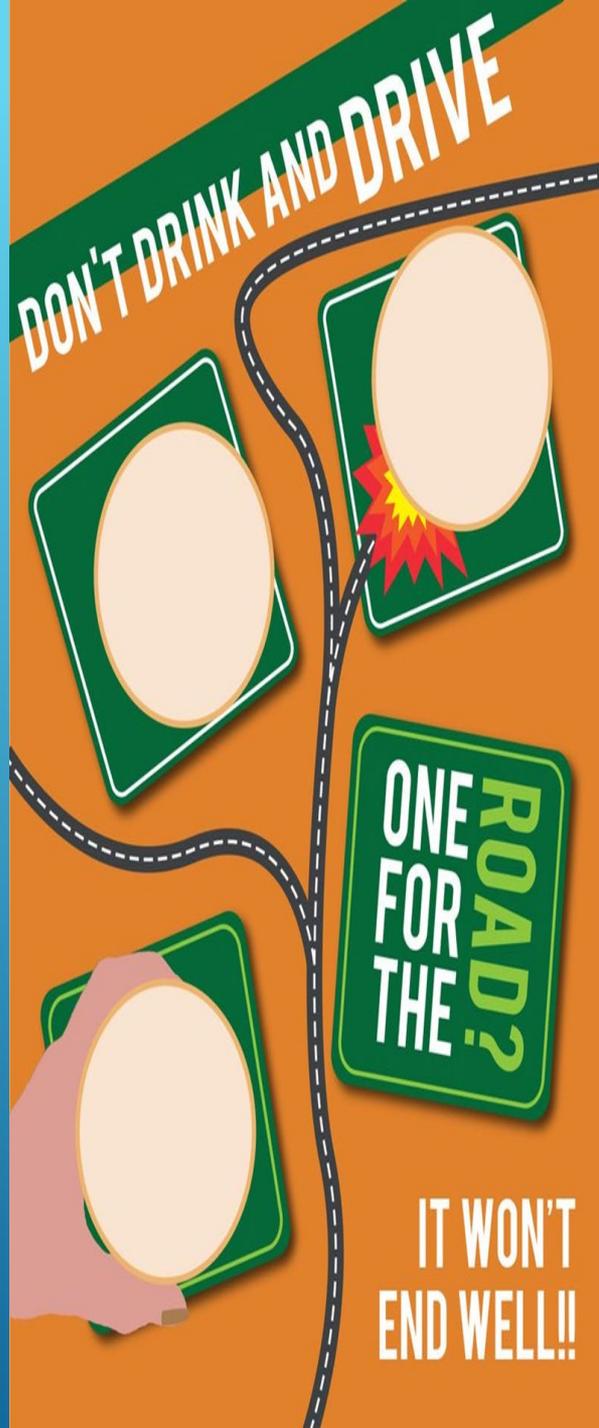
# 13,384

Every day, about 37 people in the United States die in drunk-driving crashes — that's one person every 39 minutes.

In 2021, 13,384 people died in alcohol-impaired driving traffic deaths — a 14% increase from 2020.

***These deaths  
were all  
preventable!***

**See Something, Do Something  
Live to be Lethal**



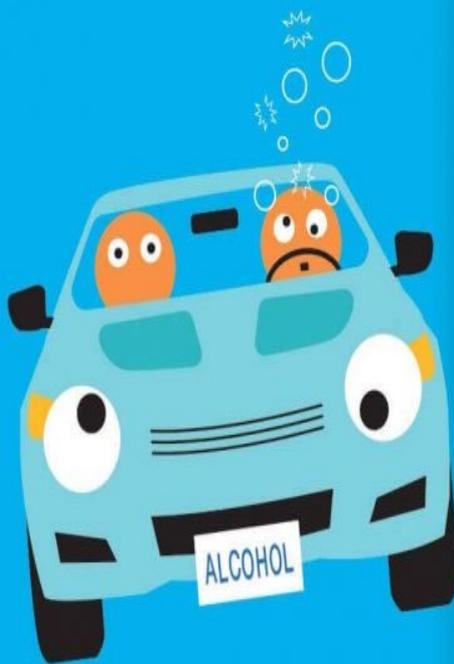
**IT WON'T  
END WELL!!**

# How alcohol affects driving ability – ALCOHOL IMPAIRED DRIVING

Alcohol reduces the function of the brain, impairing thinking, reasoning and muscle coordination, essential to operating a vehicle safely.

As alcohol levels rise in a person's system, the negative effects on the central nervous system increase. Alcohol is absorbed directly through the walls of the stomach and small intestine. Passes into the bloodstream, it accumulates until it is metabolized by the liver. Alcohol levels are measured by the weight of the alcohol in a certain volume of blood, called Blood Alcohol Concentration, or BAC. At .08, crash risk increases exponentially. Because of this risk, it's illegal in all 50 states, the District of Columbia and Puerto Rico to drive with a BAC of .08 or higher, except in Utah where the BAC limit is .05.

Even a small amount of alcohol can affect driving ability. In 2021, 2,266 people were killed in alcohol-related crashes where a driver had a BAC of .01 to .07.



**Nearly 1/3**  
of car crash deaths  
involved alcohol use.

**JustDrive**  
nsc.org/justdrive



## Don't Drink and Drive



- Prearrange a non-drinking wingman to be the sober driver
- Call a taxi service to take you home (have taxi numbers handy)
- Remember, even a slight "buzz" can significantly weaken your perceptions and abilities

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# The Effects of Blood Alcohol Concentration

BAC	TYPICAL EFFECTS	PREDICTABLE EFFECTS ON DRIVING
.02	Some loss of judgment; relaxation, slight body warmth, altered mood	Decline in visual functions (rapid tracking of a moving target), decline in ability to perform two tasks at the same time (divided attention)
.05	Exaggerated behavior, may have loss of small-muscle control (e.g., focusing your eyes), impaired judgment, usually good feeling, lowered alertness, release of inhibition	Reduced coordination, reduced ability to track moving objects, difficulty steering, reduced response to emergency driving situations
.08	Muscle coordination becomes poor (e.g., balance, speech, vision, reaction time, and hearing), harder to detect danger; judgment, self-control, reasoning, and memory are impaired	Concentration, short-term memory loss, speed control, reduced information processing capability (e.g., signal detection, visual search), impaired perception
.10	Clear deterioration of reaction time and control, slurred speech, poor coordination, and slowed thinking	Reduced ability to maintain lane position and brake appropriately
.15	Far less muscle control than normal, vomiting may occur (unless this level is reached slowly or a person has developed a tolerance for alcohol), major loss of balance	Substantial impairment in vehicle control, attention to driving task, and in necessary visual and auditory information processing

# Do you know how many “standard drinks” are in your beverage?

1 Standard Drink contains 10g of pure alcohol



...and some drinks are more than one Standard Drink 10g of pure alcohol



Don't just consider a drink's potency, you have to consider the serving size as well. If you order a 16oz. Pint, instead of a 12oz. Bottle, your getting more alcohol than a standard serving. A "Standard Drink" of alcohol is about 1/2 oz of pure alcohol. This is slightly more that the typical person can metabolize in one hour. How do you know how much alcohol is in different containers?

Although standard drink sizes are used to help people make informed decisions about their drinking, not all alcoholic beverages meet the criteria to be considered a standard drink. One standard serving of beer is 12 ounces, or about the size of a bottle of beer. In comparison, a pint of beer at a brewery is generally 15 ounces, which is larger than the standard serving size. Beer contains between 4-7% ABV, with the average being 5%. Therefore, if you're drinking a 12-ounce beer at 5% ABV, that equals 0.6 ounces of alcohol per serving. However, if you're consuming a larger beer, purchased at an event, your alcohol per serving will be more, and will therefore take the liver longer to process.

# Risk Factors - DRIVING AFTER DRINKING

Driving after drinking is deadly, yet it still continues across the United States. If you drive while impaired, you could get arrested, or worse — be involved in a traffic crash that causes serious injury or death.

About 31% of all traffic crash fatalities in the United States involve drunk drivers w/BAC's of .08 or higher). On average, over the 10-year period from 2012-2021, about 10,850 people died every year in drunk-driving crashes.

In every state, it's illegal to drive drunk, yet one person was killed in a drunk-driving crash every 39 minutes in the United States in 2021.



**596 PEOPLE DIED**  
as a result of teen drinking and driving.\*

596 people died in crashes in which  
teen drivers had alcohol in their system.  
**NO ALCOHOL.**

\* 2013 fatal crashes involving 15-19 year olds (teens) in passenger vehicles

Designate a sober driver to get

**HOME SAFE**



**DRIVE SOBER OR  
PULLED OVER**

**CHSP**  
Office of Highway Safety Planning

**BUZZED  
IDEA:** TELLING  
THAT STORY  
AT PARTIES.

**BAD  
IDEA:** DRIVING  
BUZZED  
FROM  
PARTIES.

**ad**  
COUNCIL

**NHTSA**

**BUZZED DRIVING IS DRUNK DRIVING.**

# Consequences – KNOW THE FACTS

Driving a vehicle while impaired is a dangerous crime. Enforcement of drunk-driving laws has been a major factor in reducing drunk-driving deaths since the 1980s. Charges range from misdemeanors to felony offenses, and penalties for impaired driving can include driver's license revocation, fines, and jail time. It's also extremely expensive. A first-time offense can cost the driver upwards of \$10,000 in fines and legal fees.

Many states require offenders to install ignition interlock devices at the driver's own expense. An ignition interlock device is a breath test device connected to a vehicle's ignition. The vehicle cannot be operated unless the driver blows into the interlock and has a BAC below a pre-set low limit, usually .02 g/dL. NHTSA strongly supports the expansion of ignition interlocks as a proven technology that keeps drunk drivers from getting behind the wheel.

**Stop Drinking**  
**Start Thinking.**



**When you drive drunk, you affect everyone on the road.  
Including those who don't drive.**

**NEVER DRIVE  
DRUNK.**

# Responsible behavior –

## *BEING A RESPONSIBLE DRIVER IS SIMPLE: IF YOU ARE DRINKING, DO NOT DRIVE.*

- Plan your safe ride home before you start the party, choose A designated driver.
- If someone you know has been drinking, don't let that person behind the wheel.
- If you drink, don't drive, call a taxi, Uber, or a friend.
- If you're hosting a party w/alcohol, ensure all guests leave with a sober driver.



Drunk Driving

# Bust the Myth

Steer clear from the myths, learn the truth, and make smart choices.



**Drinking coffee will sober me up!**

The only way to sober up is with time. No amount of caffeine will speed up the processing of alcohol in your system.



**I'll just drive slower.**

Many believe they can compensate for being drunk by creeping below the speed limit. Drunk drivers are dangerous at any speed, and going under the speed limit is just as suspicious as speeding.



**Beer doesn't get me as drunk as hard liquor does.**

A standard drink, no matter the type of alcohol, typically contains the same amount of ethanol: 12 grams.



**Sucking on a penny or breath mint will throw the Breathalyzer test.**

The Breathalyzer measures BAC by sampling air from deep within your lungs, which pennies and mints have no effect on. This only shows how scared you are of being caught.



**I know how my body handles alcohol.**

Just because you have a tolerance, does not mean that alcohol doesn't affect you. Your reflexes and judgement can be affected with the first drink.



**I can have a second drink and be fine.**

A second drink can double your chances of fatal collision. Data has shown that deadly consequences can occur from driving after having a second drink.



**Eating before drinking will keep me sober.**

Eating before drinking only delays the effects of alcohol, which in turn could make you drink more to feel the effects.



**I'll sober up after a few hours of sleep.**

It takes about an hour per every unit of alcohol consumed for your BAC to reach back to zero. If you've been drinking doubles of your favorite cocktail, it will take you twice as long to sober up.

Learn more at [HRSPortals.com](http://HRSPortals.com)