

DEAL.org
talks about:
IMPAIRED DRIVING

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What is impaired driving?

- Driving while your ability is affected by alcohol or drugs
- According to the Criminal Code, driving while impaired is a criminal offence



What are the different ways you can be impaired?

- Alcohol
- Drugs
- Fatigue or drowsiness

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Alcohol

- Is absorbed into your bloodstream
- Takes about 2 hours for one serving (1 beer, 1 half-filled glass of wine, one 'shot' of stronger alcohol such as vodka or rye) to pass through your body
- A breathalyzer can measure your Blood Alcohol Concentration (BAC), which refers to how much alcohol is in your blood

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Blood alcohol concentration

A Little Tipsy = 0.01 to 0.05 - relaxed/difficulty with accuracy or making quick decisions

Drunk = 0.05 to 0.09 - may feel confident, find it hard to remember facts/follow conversations or do several things at once

Wasted = 1.0 to 1.4 - can't focus, simple tasks are more difficult, you may become emotional or angry, may run into or trip over things

Trashed = 1.5 to 1.9 - slurred speech, trouble walking, standing or focusing, may forget where you are, may become confused, dizzy or sick

Major Health Hazard = 2.0 to 4.0 - may pass out or fall into a coma, can die from alcohol poisoning

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What is considered "impaired driving"?

- A BAC over 80mg of alcohol per 100 ml of blood (0.08) is the 'legal limit' - anything over this limit is considered impaired driving
- Some provinces are lowering the legal limit - Ontario drivers could lose their license for 3 to 30 days if they are found with a BAC at or over 0.05
- Also, drivers who are under the legal limit but show signs of impairment (not driving in a straight line, slurred speech etc.) and have some alcohol content in their blood can be charged with impaired driving
- Young/new drivers are not allowed to have any alcohol content in their blood while driving

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Scenario:

- You are pulled over for suspected drinking and driving
- Your BAC is over the limit
- You lose your license and can face jail time if convicted
- You could have seriously injured or killed someone



Stats about impaired driving

- Over 1,000 Canadians-impaired and sober-die each year in alcohol-related crashes.
- About one-third of all Canadian drivers killed in car crashes had been drinking.
- These crashes cost Canadians over \$10.6 billion a year in lost wages, property damage and health-care costs.
- At a BAC level of .15, your likelihood of being in a collision where somebody dies increases by more than 65 times.
- If you are 19 and driving with a BAC of 0.08 to 0.09, you are 20 times more likely to be killed in a crash than you would be if you were sober.

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How can I help prevent drinking and driving?

- Pick a designated driver
- Call a cab
- Take the bus
- Call a friend, your parents or trusted person who is not impaired
- And,



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IF YOU DRINK - DON'T DRIVE!

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Impaired driving while under the influence of drugs

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Drugs

- Taking drugs before driving - whether they are legal or not - is very dangerous
- In addition to illegal drugs such as marijuana, ecstasy and cocaine, legal drugs such as cough or cold medicines, pills and prescription medicines can impact your driving abilities
- Combining alcohol and drugs before driving can have an even greater effect on your driving than either one on their own

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How can drugs affect my driving?

- Slow down your reaction time
- Make judging distances and making decisions more difficult
- Make it harder to steer, stay in your lane and drive at a steady speed
- You may feel more tired or disoriented
- You may find it harder to concentrate



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Drugs, Driving and the Law

- If an officer thinks you are driving while impaired, they will ask you to take a Standardized Field Sobriety Test
- The officer will check for signs of impairment
- If you seem impaired, you will be taken to the police station where an expert will conduct more tests
- You will be asked to provide a urine, saliva or blood sample
- Refusing to comply with the officer's request is a criminal offence
- The penalties for a conviction of driving under the influence of drugs are the same as for driving under the influence of alcohol

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Is it safe to drive if you
only drink a couple of beers
and/or smoke a joint?

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What are the criminal consequences of driving while impaired by drugs and alcohol?

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	Minimum punishment	Prohibition from driving
For a first offence	A fine of at least \$600	At least one year and up to three years
For a second offence	At least 14 days in prison	At least two years and up to five years
For a subsequent offence	At least 90 days in prison	At least three years and up to a lifetime ban

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Driving while fatigued,
tired, drained, worn out...and
such.

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If you find you _____, you may be fatigued.

- are frequently yawning
- have sore or heavy eyelids, or are blinking/rubbing your eyes a lot
- are bored, irritable or restless
- can't concentrate
- forget to check mirrors and blind spots
- are driving at inconsistent speeds or drift from your lane
- miss turns or exits
- daydreaming or wandering thoughts
- nod off

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What are some effects of fatigue?

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Ways to reduce fatigued driving:

- Make sure you get enough sleep before you go on a trip
- On long trips, switch drivers every few hours; you should not drive until you are too tired to drive anymore - switch before you are too tired
- Don't schedule trips before or after your usual wake-up and bed times
- Drive during daylight hours when possible
- Take non-drowsy medication, or plan alternate modes of transportation if taking medicine that makes you drowsy
- Travel with someone who may be able to help keep you alert

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Distracted Driving

- Talking on a cell phone
- Texting
- Reading (books, maps, newspapers)
- Using a GPS (should have route planned before you get on the road)
- Watching videos or movies
- Playing extremely loud music

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Distracted Driving

- Bans on the use of handheld electronics while driving are being introduced all over the country
- Drivers who text, type, e-mail, dial or chat using handheld devices can face a fine of \$60 to \$500 upon conviction

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Penalties can include:

- Provincial offences such as:
 - Failure to drive in marked lane
 - Unsafe lane change
 - Disobeying a sign
 - Following too closely
- Criminal Offences such as:
 - Dangerous driving
 - Criminal negligence
 - Impaired driving
 - (or others if you end up hurting someone)

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Indirect Costs of Impaired Driving

- Increased insurance costs
- Fines
- Loss of license
- Rehabilitation programs
- Court costs
- Hospital costs
- Civil suits (if you hurt someone and are sued)

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Other costs pale in comparison to
the cost of someone's life.

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Peer Pressure

- Most youth will feel pressured to drink or do drugs at some point in their lives
- It is important for you to know your limits, understand what you are comfortable doing and not doing, and be able to communicate this to others
- A good friend will still be your friend no matter what you choose to do and they will respect your opinion

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Peer Pressure

Remember that you can have an effect on your peers as well. If you have a strong stance on impaired driving, others may follow in your footsteps. For example, if you refuse to get into a vehicle with someone who is impaired, others will be less likely to do so as well.

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Hosting a Safe Event

- Do not provide or make alcohol the main focus of the event
- Refrain from drinking or drink moderately
- Be attentive to your guests' behaviour and appearance - do not provide alcohol to a guest who is or may be intoxicated
- Do not combine alcohol with other activities such as swimming.
- Make food and non-alcoholic beverages available
- Arrange for alternate means of transportation
- Stop serving alcohol hours before the end of the event

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What can you do?

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If you spot an impaired driver...

Contact the police and give them the following information:

- Location and direction of travel of the suspected impaired driver
- License plate number, car make, model and colour of the vehicle
- Description of the driver and your present location

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Get involved!

- Contact your local student association or organization against impaired driving.
 - www.madd.ca
 - www.cyaid.com
 - www.osaid.org
- Hold an event or do classroom activities to educate others about impaired driving.

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For more information, visit:

- Transport Canada
 - www.tc.gc.ca
- Traffic Injury Research Foundation
 - www.tirf.ca
- Department of Justice
 - www.justice.gc.ca
- Mothers Against Drunk Driving
 - www.madd.ca
- Canada Safety Council
 - www.safety-council.org
- Ontario Community Council on Impaired Driving
 - www.occid.org

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