



ALCOHOL, OTHER DRUGS AND DRIVING

What could be done to
prevent?




INTRODUCTION



- In United States major accidents are being caused by drunk driving or other substance abuses.
- According to NHTSA data, a staggering 32 individuals each day, or one every 45 minutes, lose their lives in car accidents caused by drunk drivers in the United States (1).
- Most of these deaths are due to drunk driving, which affects the driving ability
- Alcohol impairs cognitive abilities such as thinking, reasoning, and motor control.
- Mostly young drivers between the age of 16 and 20 are likely to involve in accident

EFFECTS OF ALCOHOL ON HUMAN BEHAVIOUR



Effects of Alcohol on Behavior		
Number of drinks in one hour	BAC	Effects
1 serving 	.02–.03%	Inhibitions are lessened. Judgment and reasoning begin to be affected.
3 servings 	.05–.09%	Unable to think clearly. Judgment and reasoning are not reliable. Muscular coordination is impaired.
4 servings 	.10–.12%	After four drinks, hearing, speech, vision, and balance are affected. Most behaviors are affected.

Effects of Alcohol according to the Blood Alcohol Concentration (BAC). The higher the BAC the more effect it will be on human

The Video explains the effects and consequences of Alcohol on human body while driving. Source: YouTube

EFFECTS OF ALCOHOL ON HUMAN BODY

Mental Abilities and Alcohol

- Alcohol acts on the Central Nervous system like an anaesthesia slowing the activity of the brain.
- It affects the part of the Brain that control judgement and reasoning.
- Quickly after, impairments in physical capacity set in.
- In this circumstance, an inebriated individual may have a fictitious sense of wellbeing. This emotion is referred to as euphoria (4).
- Additionally, alcohol reduces one's inhibitions, the inner personality that controls or

Physical Abilities and Alcohol

- Alcohol slows down the reaction time and coordination.
- Muscular coordination became weak and slow and takes time to react (5).
- It also effect the seeing and the speaking ability of the person. Impairment also occur in seeing things which is dangerous when one is driving.
- Alcohol also affects the reflection action of the eye. At night and while

Other Physical Problems

- Continuous drinking may left a person unconscious which could also result in fatal accidents.
- Sleep and dizziness could be associated with drinking alcohol. If these happens accident is inevitable.
- Breathing and heartbeat could also became impaired.
- Drinking could result in blurring of vision, seeing multiple images, misjudge the distance of their or other vehicles.

MYTHS AND FACTS ABOUT ALCOHOL CONSUMPTION



- Doing Exercise or taking cold bath does not reduce BAC from the system. It takes time.
- Beer also affects a persons ability as other drinks. 12 ounce of beer contains as much alcohol as an average cocktail.
- A persons ability to think, act. See or speak gets affected slowly as they drink alcohol. So the common myth of 'I can Drive' does not work.
- A young person could also involve in habitual drinking and can take a toll on his/her health. Age in drinking does not matter much.
- Alcohol depresses people and calms their nervous systems. The cerebral cortex, which manages judgement, self-control, and inhibitions, is one of the first parts of the brain to be impacted. As inhibitions are weakened as a result of the depression

DRINK RESPONSIBLY



10 Strategies to Drink Responsibly. Source: <https://www.u-driver.com/driver-risks/impaired-driving/drink-responsibly/>

OTHER DRUGS AND DRIVING



- Alcohol, some legal and illicit drugs, and other substances can all have an effect on a person's ability to drive safely.
- Slower coordination, judgement, and response times are just some of the ways that marijuana and other substances affect driving skills.
- Many over the counter medicine have side effects which might affect the driving skills like dizziness, poor judgment, drowsiness, vision impairment etc (6).
- The intoxicating effects of any substance, especially when combined with alcohol, can be greatly amplified.
- Because of their inability to judge their

LAWS AND DRIVING

- ❑ The legal drinking age in the United States has standardized at 21 throughout all 50 states.
- ❑ In many states in US, a charge of driving under the influence (DUI) can be made if the driver BAC is 0.05 or more (7).
- ❑ Every State has informed consent form which means that a driver having the license are consented to BAC test if asked for.
- ❑ Zero Tolerance Law
- ❑ Penalties For Conviction
 - Suspension of license
 - Payment of hefty fine
 - Serving in the prison for breaking laws or rules.



Some US state has posted the BAC level for alcohol limit in highway. Source:

TEST FOR INTOXICATION



Types of Test for intoxication

- Chemical Testing
- Field Sobriety Test



Video Demonstration of Standard Field Sobriety Test
Source: YouTube

TYPES OF DRUGS



Other than alcohol there are other types of drugs which can also cause fatal accident

Over the Counter Medicine

Nonprescription medication is another name for over-the-counter drugs. All of these expressions are synonyms for OTC medications. When used in accordance with the labelling and the advice of a medical practitioner, they pose no risk and produce the desired results.

Prescription Medicine

Any pharmaceutical that, by law, must be dispensed only after a doctor's prescription has been obtained is called a prescription drug (also prescription medication or prescription medicine).

Other Types of Drugs:

Depressants

Stimulants

Hallucinogens

Marijuana

PEER PRESSURE AND ALCOHOL



A group of peers indulging in drugs or other alcohol related activities. Source: <https://www.aspenridgerecoverycenters.com/types-of-peer-pressure-5/>

Peer Pressure

The influence of others of a similar age is called as Peer Pressure (8). There is both positive and negative that may come from being influenced by your peers

Positive Peer Pressure

Peer pressure that leads to positive behaviour or personal development is known as positive peer pressure.

Negative Peer Pressure

Negative peer pressure often consists of influences that lead to dangerous conduct, including crime, underage drinking, drug usage, and an all-around unhealthy lifestyle.

PEER PRESSURE AND CHOICES

Steps for Making Responsible Decisions

1. Know when a decision is needed.
2. Consider the choices.
3. Consider the consequences and ask yourself these questions:
 - Is it legal?
 - Is it safe?
 - What would my parents and other family members think?
 - Does it show respect for myself and others?
4. Decide which choice is best.
5. Evaluate your decision to know if it was a responsible decision.

This set of question should be asked when someone is making a decision on the basis of peer influences. Sometimes it may involve indulging in alcohol or other substance abuses.

COULD PEER EDUCATION HELP?



Real Friends

**DON'T LET
YOU DRINK
AND DRIVE**

Toxic Friends

**LET YOU
DRIVE WHEN
DRUNK!**

There is possible connection between making responsible decision and Peer Education

- Peer education Programme could help influences the decision in a positive way.
- Teacher, councillors or peer leaders could also contribute in making them take decision which will be positive in the lives of other
- Many schools could organise programme to male young people aware of the harmful effect of drinking alcohol.
- As friends not only have the responsibility to not drink and drive but also make their friends aware about it.

RESPONSIBILITY TOWARDS YOU AND OTHERS



- A non Drinker must not allow a drinker friend to drive
- Get a drinking friend home safely
- A non Drinker have to should make a decision not to drive with a drinking friend
- Find other ways of transport if both are drunk
- Don't indulge a non-drinking friend into alcohol.
- Social Drinker share a great responsibility

CONCLUSION

Plenty of accident in US is caused by Drinking and Driving

Other substance abuse could also be fatal

Peer Pressure Could also involve in someone gets into drinking

Responsibilities must be taken by drinker as well as non-drinker to stay safe and avoid accidents.

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