



December Safety Tips – Don't Drink and Drive!

Whenever anyone drives drunk, they endanger everyone on the road. Choose not to drink and drive and help others do the same.

- In 2013, **10,076 people were killed** in alcohol-impaired driving crashes, accounting for nearly one-third (31%) of all traffic-related deaths in the United States.
- Of the 1,149 traffic deaths among children ages 0 to 14 years in 2013, 200 (17%) involved an alcohol-impaired driver.

Drugs other than alcohol

Like marijuana and cocaine are involved in about 18% of motor vehicle driver deaths. These other drugs are often used in combination with alcohol.

Prescription medications

Can be the cause of driving while impaired, and the criminal offense is same as for alcohol-impaired. Read warning labels on prescription bottles. If the warning is given “do not operate heavy machinery,” this includes motor vehicles.

Remember!

You always have options: call family, friends, taxi, Uber, and or just plan to stay at your current location for the amount of time needed to sober up.

The average person can metabolize about 1 standard drink per hour, which is:

- a mixed drink containing 1.25 oz. of 80 proof liquor
- a 12-oz. American pilsner beer containing about 5% alcohol by volume
- a 5 oz. glass of wine
- a 1.25 oz. shot of 80 proof liquor

There's no way to speed up the process (e.g., drinking coffee, taking a cold shower, eating, etc.) -- once you've ingested the alcohol, you just have to wait for your body to metabolize it.

Warning Signs of Drowsy Driving

According to the National Sleep Foundation's Sleep in America poll, 60% of Americans have driven while feeling sleepy and 37% admit to actually having fallen asleep at the wheel in the past year.

Here are some signs that should tell a driver to stop and rest:

- Difficulty focusing, frequent blinking, or heavy eyelids
- Daydreaming, wandering, or disconnected thoughts
- Trouble remembering the last few miles driven, or missing exits or traffic signs
- Yawning repeatedly or rubbing your eyes
- Drifting from your lane, tailgating, or hitting a shoulder rumble strip