

Drink and drug driving

Youth for Brake is a youth-led programme empowering the road users and decision-makers of the future to become powerful, creative advocates for safe and healthy mobility. We raise awareness of critical road safety issues, campaign for safer roads and call for better support for road crash victims. To find out more visit www.brake.org.uk/youth

EVEN THE SMALLEST AMOUNTS OF DRINK AND DRUGS AFFECT DRIVING

DRINK AND DRUGS ARE SOME OF THE BIGGEST KILLERS ON OUR ROADS



Around **230** people die in drink-drive crashes every year.

More than **1,640** fatal and serious crashes each year are linked to drugs (illegal and legal).

But **19%** of people **still admit** driving under the influence of alcohol.

Safe driving requires good vision, observation, reactions, concentration and coordination.

ALCOHOL

- ▷ Slows reaction times
- ▷ Limits ability to judge speed and distance
- ▷ Causes over-confidence or erratic behaviour



CANNABIS

- ▷ Slows reaction times
- ▷ Affects coordination
- ▷ Alters perception of time and distance
- ▷ Affects ability to multi-task



STIMULANTS (COCAINE, AMPHETAMINE, ECSTASY)

- ▷ Eyelid tremors, Restlessness/anxiety, Increased risk-taking



OPIATES (HEROIN, MORPHINE, CODEINE)

- ▷ Drowsiness, Droopy eyelids, Slow reflexes



IT'S THE LAW

- ▶ England & Wales has the **highest drink-drive limit in Europe**.
- ▶ The legal limit for drivers is a blood alcohol level of 80mg of alcohol per 100ml of blood. In most other European countries, including Scotland, the limit is around 50mg of alcohol per 100ml.
- ▶ Police can stop and test any driver they suspect is impaired by drink or drugs, and may also test a driver if they are stopped for another offence or involved in a crash.
- ▶ It's **ILLEGAL** in England and Wales to drive with **LEGAL** drugs (medicines) in your body if it impairs your driving.
- ▶ Drivers over the limit can get six months in prison, a serious fine and a driving ban. The sentences are much harsher for those who cause death by careless driving when under the influence of drink or drugs.

THE MORNING AFTER

It's not safe to drive the morning after a heavy night's drinking.

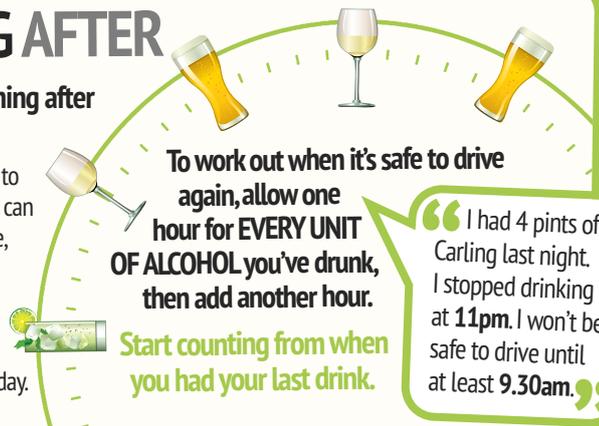
It takes about an hour for someone to process one unit of alcohol, but this can vary depending on their weight, age, gender or how much they've eaten.

People who wouldn't dream of drink-driving can unknowingly find themselves over the limit the next day.

To work out when it's safe to drive again, allow one hour for **EVERY UNIT OF ALCOHOL** you've drunk, then add another hour.

Start counting from when you had your last drink.

"I had 4 pints of Carling last night. I stopped drinking at 11pm. I won't be safe to drive until at least 9.30am."



HOW MANY UNITS?

Test your friends...

CIDER (5% ABV)
can (500ml)
2.5 units

BEER (4% ABV)
pint (568ml)
2.3 units

GIN/VODKA (40% ABV)
single measure (25ml)
0.9 units

WINE (12% ABV)
standard glass (175ml)
2.1 units

DID YOU KNOW?

If a driver is convicted of drink or drug driving...

- ▶ car insurance costs increase significantly
- ▶ if they drive for work, their employer will see their conviction on their licence
- ▶ they may have trouble travelling to countries like Australia and the USA.

NOT A DROP, NOT A DRAG
THE ONLY WAY TO BE SAFE WHEN DRIVING IS NOT TO DRINK ANYTHING AND NOT TO TAKE ANY DRUGS AT ALL

DRIVING FOR ZERO

Find out more about Brake's campaign for zero tolerance of impaired driving at www.brake.org.uk/campaigns/flagship-campaigns/driving-for-zero

STAY SAFE

NEVER get in a car with someone who has drunk alcohol or taken drugs.

PLAN AHEAD: make sure you or anyone you are with can get home safely.

SPEAK OUT if someone you know is about to drive on drink or drugs. If it's the end of a night out, help them find another way to get home safely.

This project was made possible thanks to funding from

For the source of the facts and figures used on this fact sheet, visit the Youth for Brake website.