

Just one drink can
affect more than you

Before you decide to drink and drive take a look at
the decisions you could be forcing on others.



How do we break the News?



Who do we cut out First?

Could YOU live with the shame?

Personal, Professional,
Protective Policing



Department for
Infrastructure
An Roinn
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Just one
drink impairs
driving

NEVER EVER DRINK & DRIVE

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Just one drink is just too much

It's not a theory, it's a scientific fact.
Any alcohol impairs driving.

Impaired driving has real, horrific, brutal, heart-breaking consequences.

So if you're thinking 'I'll just have one', just think again!

- **Just one can affect your ability to make sensible decisions** - you may feel sober so you may believe you can drive safely.
- **Just one can lead to another and another** - that's because, from the first drop, alcohol impairs your decision making, leading you to make more impaired decisions.
- **Just one can affect your driving skills** - when you're impaired you tend to focus more on steering, which means you're not paying attention to what's happening around you - the child about to cross the road, the truck emerging from a side road, the danger round the next bend.

There is no level at which impairment does not occur. So deciding to have 'just one' can be a fatal decision.

Just one drink increases risk

Scientific tests show that any alcohol increases risk. So, even below the legal limit, you are still not safe to drive.

- **At under 1/3 of the legal limit** your attention is impaired. You start to focus more on steering and miss out on other dangers - like the child about to cross the road. Your alertness is impaired - the danger of sleepiness increases.
- **At under 1/2 of the legal limit** you are less vigilant and your perception is starting to show impairment.
- **By 3/4 of the legal limit** your perception, vision and tracking ability are impaired, including your ability to steer within your own lane.
- **By 4/5 of the legal limit** your ability to think, react and make choices are all impaired.

The **combined effect** of all these impairments is that:

- Your ability to judge distances is **reduced**.
- You are much **slower** at reading the road.
- You take **too long** to make vital decisions at the wheel.
- Your judgement is impaired - making you take **more risks**.

Remember - just as one drink leads to another, one impairment leads to another.

Just one drink can have shameful consequences

It is a **criminal offence** to drive, attempt to drive or be in charge of a car if you don't have proper control due to alcohol.

When you are **caught** and **convicted** you will be **disqualified** from driving for a minimum of 1 year, **fined up to a maximum of £5,000** and required to retake your driving test.

If that isn't shameful enough, if you kill or seriously injure someone, you will have to live with it on your conscience for the rest of your life.

There are safe choices:

- Choose a designated driver
- Order a legal taxi
- Use public transport

Or just refuse to drink and drive

Remember, 'the morning after' is also a dangerous zone for impaired driving. For example, after a heavy drinking session, it could take over 13 hours for alcohol to leave your system - that's lunchtime the next day!

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