

A photograph of a red car overturned on its side on a paved road. The car is positioned next to a wooden utility pole. The background shows trees with some autumn-colored leaves and a brick building in the distance. The text is overlaid on the image in a yellow, serif font.

Navy Alcohol & Drug Abuse  
Prevention Program

(PERS-60)

Holiday Traffic Safety  
Training

**Drunk and Impaired Drivers kill or injure a person every minute**



**Approximately 43,000 people die each year on U.S. Highways. Alcohol is involved in approximately 44% of those deaths.**





## **Risks of Alcohol use that occur immediately after a drinking episode**

- Impairs the ability to concentrate on two or more tasks at the same time
- Diminishes and weakens motor coordination- for example, causes poor driving, car crashes, and arrests
- Can cause double and blurred vision making it hard to see



## **Risks of Alcohol use that occur immediately after a drinking episode (cont'd.)**

- Causes physical effects such as headache  
Alcohol dulls areas of the brain that enable people to make sensible, safe decisions
- Impaired attention
- Reaction time decreased  
Drivers who can't react quickly are dangerous to themselves and others



## **Risks of Alcohol use that occur immediately after a drinking episode (cont'd.)**

- Diminished concern about the consequences of behavior
- Lowered anxiety; boosted aggression
- Memory loss and/or black outs

# Long-term risks of alcohol use



**Suicidal Ideation - alcohol increases  
likelihood of suicide attempts**



# Brain damage - alcohol slows the thought process in the brain





**Listlessness - the feeling of being trapped  
with no way out**



**Wishful thinking - day dreaming. The “If only “  
thoughts. If only I didn’t drink and drive.**

# Missing or late for work/muster/duty



# Financial and Legal problems





# Prior to a drinking episode develop a plan

- Set a plan before you go out and stick to it
- Don't drink alcohol on an empty stomach

Food slows alcohol's absorption rate and appears to prevent a certain amount of alcohol from getting into the bloodstream



## Prior to a drinking episode develop a plan (cont'd.)

- Alternate alcohol with non-alcohol drinks
- Count Your drinks

It takes approximately 1 hour for one drink (1.5 ounce of alcohol) to be metabolized by the liver of a healthy person



# Prior to a drinking episode develop a plan (cont'd.)

- Arrange for a safe ride home

Appoint a designated driver

Use public transportation

- Limit the amount of money you carry



## Prior to a drinking episode develop a plan (cont'd.)

- Give your keys to the bartender, host, or hostess
- Never ride in a vehicle operated by someone who has been drinking

# Proper planning can save your life



# Drinking And Driving Threatens Everyone!

Driving while intoxicated or under the influence of drugs is:

- DANGEROUS
- ILLEGAL
- IRRESPONSIBLE



**DO YOUR PART TO PREVENT  
INJURIES AND DEATHS.  
BE SMART - DRIVE SOBER!**



***It's Ok Not to Drink  
Right Spirit***

***Zero Tolerance  
for Drugs***