

Don't Mix Alcohol and Driving



A National Highway Traffic Safety Administration study indicates that nearly 12,000 people died in automobile crashes involving alcohol consumption in the United States in 2008. This tragic statistic represents an average of one alcohol-related auto accident death every 45 minutes. Tougher DWI laws are one answer to reduce these losses. Educating drivers on alcohol awareness is another important step. The following educational tips about drinking and driving are important to remember and to pass on to young drivers.

- **Never drink and drive.** Be aware that neither coffee, exercise, nor a cold shower will sober up a drinker. Only the passage of time will do so. If a person does drink, a non-drinking driver should be designated.
- **Apply a zero-tolerance policy** to alcohol and young drivers. Young drivers are particularly at risk to be involved in alcohol-related crashes.



- **Steer clear of impaired persons** on the road and report these incidents to the police as soon as safely possible. Drivers under the influence of alcohol display certain driving characteristics, such as weaving or swerving, driving very slow or very fast, braking erratically, and driving after dark without headlights.
- **Wear a seat belt** and utilize defensive driving techniques, as these are the best defenses against an alcohol-impaired driver.
- Try to **avoid driving in the early morning hours of the day**, particularly on weekends due to a heightened exposure to impaired drivers.

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