



Empowering Healthy Working

The Dangers of Drink Driving

A Public Safety Concern

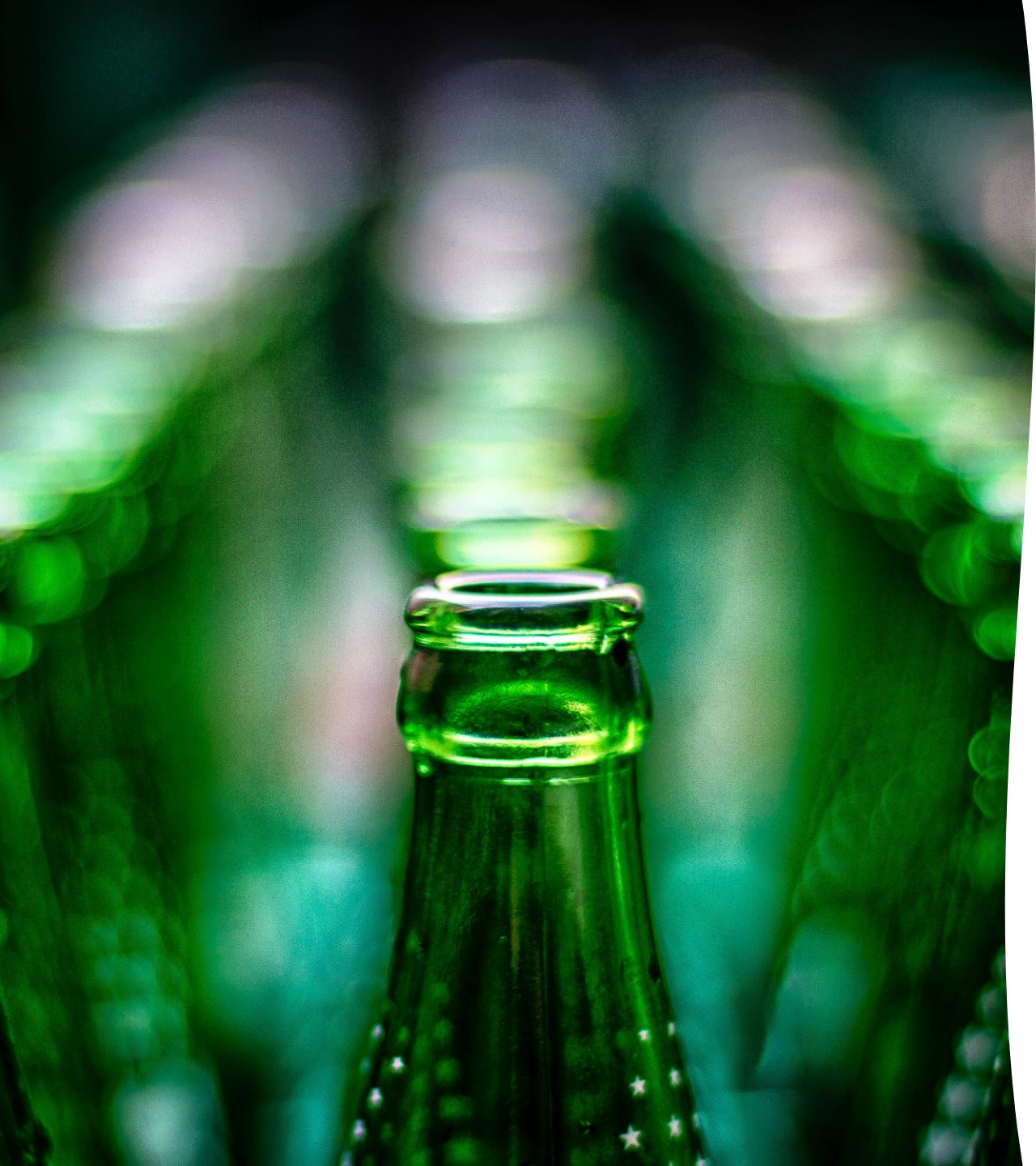


What is Drink Driving?

'Operating a vehicle while under the influence of alcohol or drugs'

- There are legal implications and consequences
- The importance of responsible driving is paramount





Prevalence of Drink Driving

Based on data from 2021

- Total number of collisions; 4,660
- Total number of casualties; 6,740
- Highest incidence between 10pm and 4am
- Month; July = highest no. of collision and casualties.
December = 6th for collisions and 4th for casualties.
- Male drivers aged 17-24 are over-represented in drink drive related accidents.



Effects of Alcohol on Driving

Alcohol impairs driving abilities:

- Slowed reaction time
- Reduced coordination
- Impaired judgement
- Decreased concentration
- Blurred vision



Units of alcohol

COULD YOUR DRINKING BE PUTTING YOUR HEALTH AT RISK?



PINT OF
LAGER
4% ABV

2.3 UNITS



PINT OF
BITTER
5% ABV

2.8 UNITS



PINT OF STRONG
BEER/LAGER/CIDER
5.2% ABV

3 UNITS



500ml
CAN OF LAGER
3.8% ABV

1.9 UNITS



750ml BOTTLE
OF WINE
13.5% ABV

10 UNITS



175ml GLASS OF
RED OR WHITE WINE
13% ABV

2.3 UNITS



250ml GLASS OF
RED OR WHITE WINE
13% ABV

3.3 UNITS



50ml GLASS OF
FORTIFIED WINE
(E.G. SHERRY) 20% ABV

1 UNIT



25ml SINGLE SPIRIT
AND MIXER
40% ABV

1 UNIT



50ml DOUBLE SPIRIT
AND MIXER
40% ABV

2 UNITS



275ml BOTTLE
OF ALCO-POP
5% ABV

1.4 UNITS



50ml DOUBLE IRISH
CREAM LOQUEUR
20% ABV

1 UNIT



Strict Alcohol Limits

Even small amounts of alcohol can impair driving

The way alcohol affects you depends on:

- weight, age, sex and metabolism
- type and amount of alcohol being drunk
- what you've eaten recently
- stress levels at the time

Drink-Drive alcohol limits

- 35 micrograms of alcohol per 100ml of breath
- 80mg of alcohol per 100ml of blood
- 107mg of alcohol per 100ml of urine





Consequences of Drink Driving

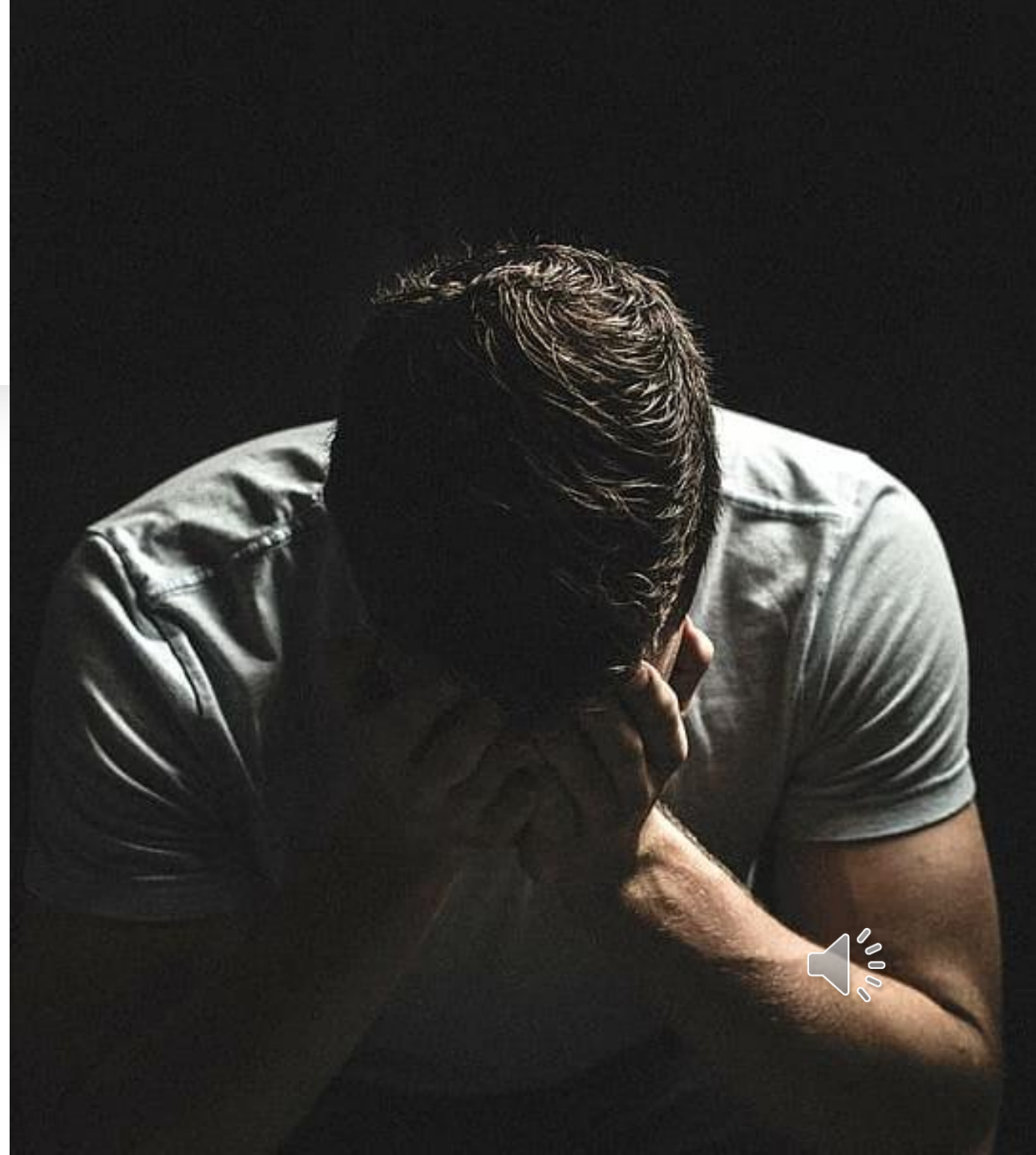
- Criminal penalties
- License suspension
- Increased insurance rates
- Civil lawsuit for damages
- Difficulty travelling abroad



Personal Consequences

The impact on the driver:

- Guilt and remorse
- Emotional trauma
- Potential injury or death
- Long-term personal and psychological effects



Consequences to Others



Drink driving affects
innocent bystanders:



Pedestrians and
cyclists



Passengers in the
vehicle



Other drivers on the
road





Preventing Drink Driving

- Designate a sober driver
- Use public transport, taxi's or walk
- Arrange for a ride-sharing service
- Stay overnight at the location
- Responsible party hosting



Designated Drivers

- The role of a designated driver
- Take it in turns to be the sober driver
- Designated drivers are effective in preventing accidents



Public Awareness Campaigns



The importance of public awareness and education



Organisations and campaigns against drink driving

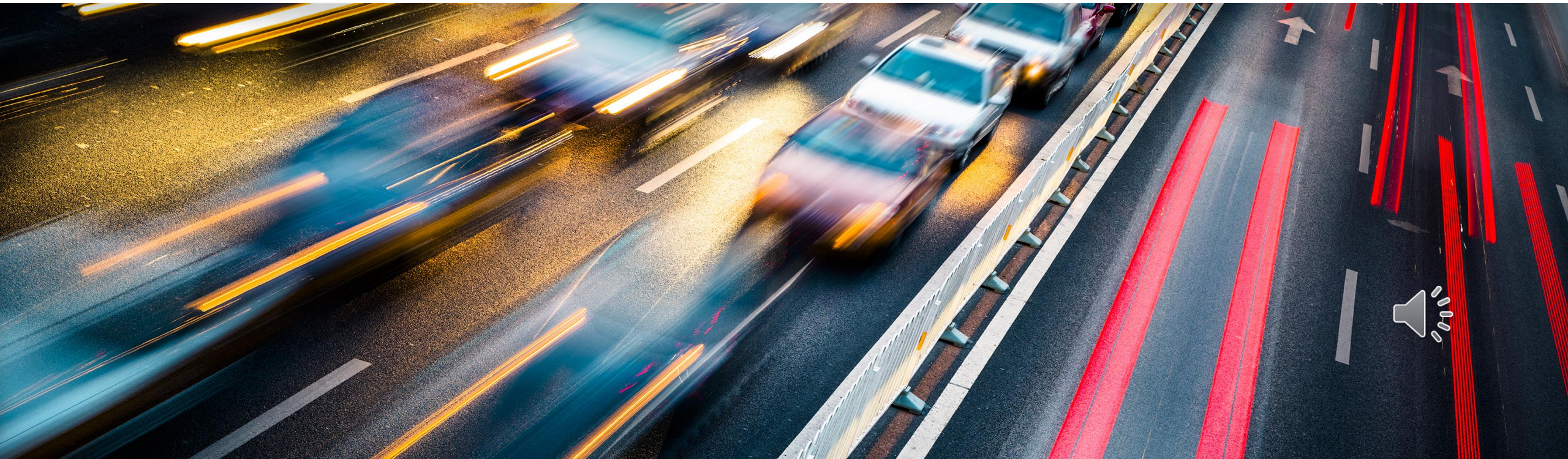


Encourage involvement and support for these initiatives



Conclusion

- Dangers and consequences of drink driving
- Personal and societal responsibility
- It is your own duty to make responsible choices



Resources

Further reading and support:

- [Reported drinking and driving: data tables - GOV.UK \(www.gov.uk\)](https://www.gov.uk/government/statistics/reported-drinking-and-driving-data-tables)
- [Drink-driving penalties - GOV.UK \(www.gov.uk\)](https://www.gov.uk/government/statistics/drink-driving-penalties)
- [Drink driving – THINK!](#)
- [CADD HOME PAGE](#)
- [Home - Drink & Drug Driving Initiative \(daddi.org.uk\)](https://daddi.org.uk/)
- [Alcohol support - NHS \(www.nhs.uk\)](https://www.nhs.uk/)

