



DRINKING AND DRIVING

WHAT IS DRINKING AND DRIVING?

Drinking and driving means getting behind the wheel of a vehicle after you have consumed any amount of alcohol.

Under federal criminal law, a driver with a blood alcohol concentration (BAC) at .08mg/dL or higher is legally impaired, and therefore subject to criminal penalties and possible imprisonment.

Under provincial laws, provinces impose BAC limits between .04 and .08 for all drivers, and many enforce zero-tolerance policies for young and new drivers as part of graduated driver licensing programs. Although not a criminal offence, “buzzed” driving - a BAC below the .08 criminal limit - is still considered drinking and driving and is a provincial offence. Drivers often are subject to administrative penalties, such as licence suspension or fines.

Body weight, sex, the amount of food consumed and the level of fatigue can all affect how you react to alcohol, but on average, it takes approximately 1½ hours for men and 2 hours for women to metabolize or “burn off” one drink. Your safest strategy is to avoid driving altogether after drinking.

Designated drivers or anyone else who takes responsibility for driving others home safely also should never consume any amount of alcohol.

To learn more about the above, visit www.changetheconversation.ca/drinking_and_driving_facts

Your brain is your vehicle's most important safety feature.

HOW DOES IMPAIRED DRIVING AFFECT THE BENEFITS OF VEHICLE SAFETY FEATURES?



Alcohol impairs your reaction time, your decision-making skills, blurs vision, and causes drowsiness among other negative effects. To function properly, the majority of vehicle safety features are triggered by quick and sequential actions by an alert and attentive driver.

Features such as antilock braking systems (ABS) or electronic stability control (ESC) need the driver to react immediately and correctly to an emergency before the features are activated.

Even for those safety features designed to alert drivers of potential dangers, impaired thinking may prevent drunk drivers from noticing or responding to them.

No matter how advanced vehicle safety features are, they cannot replace you in any way. Safety features only benefit the sober driver.

Go to www.brainonboard.ca to find out more about the risks of impaired driving and using safety features.

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