



Drinking and Driving

eSafetyLine

Myths and Truths about Drunk Driving

Virtually anyone that has ever had a drink of alcohol, and most anyone that has never had a drink, has heard of many myths involving drinking and driving while impaired. The safest, most fool-proof way to prevent being involved in a DWI arrest or accident is to not drive after drinking even a single drink. What follows are some common myths out there and the truth behind them.

MYTH: Alcohol gives you energy.

TRUTH: This statement is false. Alcohol is a depressant, and can actually make you sleepy. It slows down your motor skills which control the way you think, speak, move and react, like while driving.

MYTH: Beer before liquor, never been sicker - liquor before beer, you're in the clear.

TRUTH: This is an old saying used to explain why people get sick when they drink and it is 100% FALSE. Your blood alcohol content (or BAC) is what determines how drunk you are. It doesn't matter what kind of alcohol you drink or in what order you drink it - a drink is a drink, and too much of any combination can make you drunk, sick and impair your ability to drive safely .

MYTH: I can sober up quickly if I need to.

TRUTH: Common tales report that taking a shower, drinking 10 cups of coffee or eating a loaf of bread will help you sober up . There is only one way to get sobered up and that is time — depending on your weight, it takes about three hours to eliminate every two drinks you've had that night.

MYTH: Alcohol makes sex better.

TRUTH: Guess again. Alcohol does make people feel less uncomfortable in a social situation. But the reality is that alcohol can affect your decision-making ability: You might put yourself in a risky situation; you might think you're ready to have sex when

you're not or you might forget to use a condom — which can result in pregnancy and/or contracting a sexually transmitted disease.

MYTH: I always stay away from the hard stuff.

TRUTH: Alcohol is alcohol. Beer has the same effect as straight scotch. One 12-ounce beer has as much alcohol as a 1.5 ounce shot of 80-proof whiskey or a 5-ounce glass of wine.

MYTH: I'm bigger so I can handle my liquor better.

TRUTH: Size is only one factor in how alcohol affects you. Body chemistry, how tired you are, and the amount of food in your stomach all play a part in how you handle liquor. Your reflexes and judgment can be affected with the first drink.

MYTH: Once I roll down the car window, I'm okay.

TRUTH: No amount of fresh, chilly air can reverse impairment. You gain nothing by rolling down a window or turning on the air conditioner. The only thing that will bring you back to being sober is time.

MYTH: A drink or two makes me a better driver.

TRUTH: Even one drink can cloud your thinking, dim your vision and slow your reflexes. Small amounts of alcohol can impair your judgment and put you and others on the road at risk of death or disabling injury.

No one is saying that you should never drink again, just do it sensibly and safely. The easiest way to do this is to have a Designated Driver any time you're going to drink- it's the safe thing to do.

Discussion Questions

Which of these myths have you never heard before?

Why is it safest to always have a Designated Driver when you drink?

MEETING / TRAINING ATTENDANCE ROSTER

COMPANY: _____

_____ SAFETY MEETING

JOB/DEPT: _____

_____ SAFETY TRAINING

DATE: ___/___/___

TIME: _____

TOPICS ADDRESSED: _____

EMPLOYEE'S SIGNATURES

_____	_____	_____
_____	_____	_____
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EMPLOYEE SUGGESTIONS AND RECOMMENDATIONS: _____

ACTION TAKEN: _____

Supervisor's Signature

_____/_____/_____
Date

Safety Coordinator's Signature

_____/_____/_____
Date