



Don't Become A Holiday Traffic Statistic

Drinking alcohol seriously affects a variety of body functions. Combining drinking while driving is a major health and life threatening risk, and should NEVER be attempted.

Here are some examples of drinking related physical changes that seriously affect driving skills:

1. Impaired judgement:

Alcohol can make an individual feel unjustifiably overconfident, resulting in speeding and taking unreasonable risks.

2. Delay in reaction time:

Safe driving requires rapid response to driving conditions, and an ability to interpret rapidly changing information. Drinking alcohol slows reaction time and may result in failure to respond in time to crucial driving challenges.

3. Impaired night vision:

After drinking, night vision may be reduced. This reduces the ability to detect barriers or hazards while driving. Drinking drivers may be more easily blinded by high beams of incoming cars.

4. Tunnel vision:

Alcohol drinking restricts the range of peripheral vision (seeing side events or objects while looking forward) causing "tunnel vision," similar to those of horses wearing blinders. Peripheral vision is often crucial in avoiding an incoming vehicle or pedestrian.

5. Reduced control of body movements or equipment:

Intoxicated individuals have difficulty controlling body movements and equipment. Driving while intoxicated changes driving patterns. Obvious signs are weaving in and out of traffic lanes, excessive slowing, sudden unexpected stops of a vehicle, and going through red lights and sign stops. These driving actions seriously increase the risk of having a traffic accident, causing injuries to self and others.

Drinking and driving can be a disastrous combination. The holidays are upon us. Remember to choose a designated driver when drinking, and don't become a holiday statistic! STAY SAFE.

[Resource: http://www.broward.org/humanservices/](http://www.broward.org/humanservices/)