

"For safety's sake—do something."

Drinking Responsibly

As we settle into the Holiday season and we celebrate with those holiday parties, keep Safety a priority. Traveling with family and friends exposes everyone to risks of bad weather, bad conditions, busy traffic, frustrated and impaired drivers.

Over 17 million people have admitted to drinking alcohol and driving a motor vehicle. Be safe in your travels. If you plan to drink any alcohol, get a designated driver so that you Arrive Alive!



So what is too much to drink? That depends on a person's build, tolerance, food intake, and time between drinks. In reality, it is just **not** safe to drink any alcohol and drive a vehicle!

Some symptoms of drinking too much alcohol:

- Slurred speech.
- Vomiting.
- Loss of balance.
- Talking increases / louder voice.

Are you going to be a part of the problem or a part of the solution? Did you know that the immediate impact to a person pulled over by Law Enforcement for driving while under the influence is likely over \$10,000? This does not even take into consideration damage to a vehicle, medical bills, injuring others, or other related expenses.

The bottom line is that NO ALCOHOL is the best when you are the driver. Your Blood Alcohol Content (BAC) can continue to rise for up to 3 hours after your last drink. If you are the designated driver, many establishments will give you free access to non-alcoholic beverages in recognition of your positive decision.

Alcohol affects at any quantity:

- Drowsiness.
- Impaired vision.
- Slower response time.
- Reduced concentration.
- Difficulty multi-tasking.
- Showers, coffee, and fresh air DO NOT help reduce your blood alcohol content or sober you up.



Before heading out for your special event, decide if you will be drinking ANY alcohol. If you plan to drink, remember that Busted Driving is Drunk Driving and that any alcohol in your system exposes you to many problems. During the Holiday season of Christmas and New Years', most Law Enforcement agencies develop a zero-tolerance guideline.

It is never ok to drink and drive. Always plan ahead if you will be celebrating. If you plan to drink, plan for a sober driver to take you home; use public transportation, call for a ride service, phone a friend, or walk, but NEVER operate a motor vehicle with alcohol in your system.

Safety Scott says

"For Safety's Sake, Do Something."

If you have friends or family that are attempting to drive after drinking, please do everything in your power to stop them by taking the keys.

Remember the campaign of "Friends Don't Let Friends Drive Drunk".