



**North American  
Transport Services**

# ALCOHOL AND DRIVING



There are things in life that simply don't go together. Drinking and driving is one of them. Alcohol affects a person's ability to drive, and it makes you less alert. Some people think that because they just had a few beers or because they ate a lot prior to drinking alcohol won't affect them, but these are just false notions and you should know the truth. A 12 ounce glass of beer, a 5 ounce glass of wine and a 1-1/2 ounce shot of hard liquor have the same amount of alcohol.

Drinking and driving is a serious problem and people who do so are involved in traffic collisions resulting in thousands of deaths and injuries every year. According to statistics by the NHTSA 10,322 people were killed in 2012 on US Highways in accidents involving drivers with blood alcohol levels over twice the legal limit.

As a commercial driver you may NEVER drink while ON DUTY, regardless of its alcohol level and you can't consume any intoxicating beverage within 4 hours before going on duty. It's illegal for a commercial driver to have a BAC (blood alcohol concentration) of 0.04% or greater. You must understand that the BAC is determined by the amount of alcohol you drink, how fast you drink and your weight. A person can control how fast they drink but can't control how fast the body gets rid of the alcohol.

Alcohol affects the brain as BAC increases. The first part of the brain to be compromised is the part that affects judgment and self-control. After that, muscle control, vision and coordination are affected and the higher the BAC the more a person will be affected until eventually they pass out.

Some of the signs of an intoxicated driver are: driving too slowly or too fast, driving in the wrong lane, running over the curb, weaving, no signaling, running stop signs and red lights. If you're driving and you see a vehicle driving erratically, beware! Stay far back and if possible report it to the authorities, you could save a life.

