

Driver Education Chapter 7

Alcohol, Other Drugs, and Driving

7.1 Effects of Alcohol on Driving Safely

Alcohol is the most commonly used drug in our society.

It is by far the drug that leads to drivers being fatally injured.

Alcohol related collisions are a major safety problem

All states enforce a minimum drinking age of 21.

Alcohol impacts the central nervous system

Types of Alcohol

Ethyl alcohol, or ethanol, also known as grain alcohol

Isopropyl alcohol, or isopropanol, also known as rubbing alcohol

Methanol, or methyl alcohol, also known as wood alcohol

Ethanol, or what is commonly referred to as alcohol, is found in the alcoholic drinks people consume.

Alcohol affects everyone—coordination/ability to think clearly

Alcohol and Driving Ability

Regardless of the type of alcoholic drink,--when the alcohol reaches the brain it impacts the way you think and behave.

The same amount of alcohol doesn't affect all people the same

Effects on the Nervous System

Alcohol is a depressant, it acts like anesthetic, slowing brain activity

Alcohol is absorbed through the blood stream and walls of the digestive tract

Once into the bloodstream it flows quickly to the brain and alcohol has the greatest effect on the area of the brain that controls judgement and reasoning—the two most critical mental skills for drivers. Physical abilities become impaired after that.

Effects on Judgement and Reasoning—

Euphoria—false feeling of well being

Inhibitions—the forces of personality that restrain or hold back impulsive behaviors.

If your judgement and reasoning is impaired you cannot use the IPDE and Zone Control Techniques effectively. Scanning may become erratic and the target area unclear.

Effects on Vision—impaired vision of all types.

Visual acuity, reflex action, blurred vision, depth perception, peripheral vision.

Physical Effects of Alcohol.

Muscular coordination becomes slow and clumsy.

You could oversteer, brake late, accelerate suddenly.

Consuming a large amount of alcohol—unconscious state.

Alcoholism—Addiction.

Alcohol in the body

BAC—Blood-alcohol concentration—level of intoxication is determined by the percentage of alcohol in the blood.

Proof describes the strength of the liquore. By dividing the proof by 2 you can determine the percentage of alcohol.

Factors Affecting BAC—amount of alcohol consumed, period of time alcohol is consumed and body weight.

Controlling Impairment—Alcohol absorbed quickly slow to leave.

Generally if you consume 3 drinks in an hour it takes more than 4 hours for the body to process the alcohol.

Drinking coffee, cold shower, exercising can make you sober—
Fiction.

Reducing Risk—designated driver

7.2 Other Kinds of Drugs and Driving

Over the Counter Medicines

Prescription Medicine

Depressants: Class of drugs that depress, or slow down the central nervous system. Alcohol, barbiturates, sleeping pills, tranquilizers
Usually for tension, calm

Stimulants: Class of drugs that speeds up the central nervous system.
Amphetamines

Hallucinogens: Class of drugs –mind altering, unpredictable, alter personality, cause terror or panic. Marijuana

Combining Drugs—synergistic effect—greater than by itself.

7.3 Traffic Laws Governing the Use of Alcohol

SD---BAC--.08 or greater is illegal to operate a motor vehicle

Implied Consent Law

Zero Tolerance—Any alcohol if it is illegal under age.

Dram Shop Law—Serving alcohol to intoxicated individual may be liable

Also parents who serve alcohol to individuals under 21
can be penalized.

Levels of Impairment—DWI, DUI, OWI(operating while impaired or
intoxicated.

Tests for Impairment—Chemical Test

Field Sobriety Test—coordination, eye test

Horizontal gaze nystagmus test—jerking of the
eyes as you look side to side.

Penalties for Conviction

Suspension or revocation of driver's license

Payment of fine

Serving prison time

Community service

Stopped by an Officer

Pull over and stop. Keep your hands visible

Stay in your vehicle and follow the instructions given by the officer.

You will be required to show you driver's license, certificate of insurance, and possible registration.

7.4 Coping with Peer Pressure

Peer Pressure—external force that results from peers pressuring you.

Peer Influence internal force out of the desire to be accepted.

Peer Refusal Skill—Say no

Humor

Walk-Away

Ask a Question

Repeat No

Avoid the Situation

Ignore the Pressure

Prepare a Reason

Provide Alternatives

Use Teamwork

Be Firm.

Make Responsible Decision---Take care of you.

Peer Education-a process where young people help each other make decisions.

SADD—Students Against Destructive Decisions

MADD—Mothers Against Drunk Driving

Videos:

<https://www.youtube.com/watch?v=dht-Vy25jPs> texting and driving

<https://www.youtube.com/watch?v=UfYnKSdfwFk> drunk/drug

<https://www.youtube.com/watch?v=pWu9r3zjEul--driver> test

<https://www.youtube.com/watch?v=xghLimMa07c> driver test behind the wheel