



# Safe Driving Tips

## Impaired Driving & The Holidays

The holiday season is a time for celebrating with family and friends, but the risk for impaired driving is especially high. In fact, the holiday season claims more lives to alcohol related deaths than any other time of the year and statistics show that Thanksgiving and the days immediately after Christmas are the worst for traffic fatalities. The statistics are indeed sobering:

- Every 30 minutes, nearly 50 times a day, someone in America dies in an impaired driving-related crash
- According to the National Highway Traffic Safety Administration, about three in every ten Americans will be involved in an impaired driving crash at some point in their lives

Alcohol alters your vision, physical responsiveness, and your thinking skills. And don't forget, medications and fatigue can exacerbate the effects of alcohol.

Most fatal, alcohol-related collisions occur at night. Be on the lookout for drivers who are driving too fast or slow for conditions, weaving, making wide turns, driving without headlights or with their high beams on. Give these driver's plenty of room; stay well away from any driver you suspect may be impaired.

If you use alcohol to celebrate your holidays:

- Plan ahead by arranging for a designated driver, calling a taxi, or staying overnight
- Avoid drinking too much alcohol too fast; take breaks, alternate with non-alcoholic drinks

If you are hosting a Holiday party:

- Be sure all of your guests designate their drivers in advance, or help arrange ride-sharing with sober drivers
- Keep the numbers for local cab companies handy, and take the keys away from anyone who is thinking of driving while impaired

Impaired driving is 100-percent preventable. Please do your part and enjoy your holidays!

## Drive Safely!



We teach *Driver Intelligence*