



TOILET TABLOIDS

TXDRIVINGCONCERN.ORG

Let's keep each other safe.



About Risky Driving

Fatigue

You are **three times more likely** to be in a crash if you are driving fatigued. Who's at risk:

- Business travelers
- Commercial truck drivers
- Drivers under the age of 25
- Shift workers

Safety Tip: Adults need 7-9 hours of sleep to reach peak performance



Alcohol

Impairment begins with the first drink.

- Every day, almost 30 people in the United States die in drunk-driving crashes—that's one person every 48 minutes

Safety Tip: Plan ahead for a safe ride home

– National Highway Traffic Safety Administration (2017)

Impairment Can:

1. Slow reaction time
2. Cloud judgment
3. Decrease hand-eye coordination
4. Cause you to fall asleep at the wheel

Drugs

Drug-impairment can result from use of:

- Illicit drugs
- Over-the-counter drugs
- Prescription drugs

Safety Tip: When taking meds, consult with your doctor or pharmacist about safe driving

