



# BE A SAFETY sweethheart



- + IF YOU PLAN A NIGHT OUT, PLAN FOR GETTING HOME SAFELY
- + LEAVE YOUR CAR AT HOME
- + TOSS YOUR KEYS AND PICK A DESIGNATED DRIVER

- + TAKE YOUR ROLE AS DESIGNATED DRIVER SERIOUSLY - PEOPLE ARE RELYING ON YOU. REFRAIN FROM ANY ALCOHOLIC BEVERAGES OR OTHER SUBSTANCES

- + USE PUBLIC TRANSPORT, A TAXI OR RIDESHARE SERVICE
- + ALWAYS WEAR YOUR SEAT BELT

## BLOOD ALCOHOL CONTENT

source: NHTSA

**DECLINE IN:**

- + VISUAL FUNCTIONS
- + ABILITY TO PERFORM TWO TASKS AT THE SAME TIME

**REDUCED:**

- + COORDINATION, STEERING ABILITY
- + RESPONSE TO EMERGENCY DRIVING SITUATIONS

**REDUCED:**

- + CONCENTRATION
- + SHORT-TERM MEMORY
- + SPEED CONTROL
- + INFORMATION PROCESSING CAPABILITY

**REDUCED:**

- + ABILITY TO MAINTAIN LANE POSITION
- + ABILITY TO BRAKE APPROPRIATELY

**SUBSTANTIAL IMPAIRMENT IN:**

- + VEHICLE CONTROL
- + ATTENTION TO TASK
- + VISUAL/AUDITORY INFORMATION PROCESSING

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LOVE MEANS YOU CARE ENOUGH TO AVOID IMPAIRMENT

#EndTheStreakTX

