MCIWEST-MCB CAMP PENDLETON

Critical Days of Summer Newsletter

June 2014

Driving Under the Influence Awareness

Alcohol is a depressant that slows down your brain and body. Your speech gets slurred, your vision gets blurry, you get dizzy and lose your balance, and you feel disoriented and confused. In that state, not even Superman could drive a car (kidzworld, 2014). In 2014, the number of California DUI arrest was 214,828 (State Justice Department, 2014)

Every day, 36 people die, and approximately 700 are injured, in motor vehicle crashes that involve an alcohol-impaired driver. The annual cost of alcohol-related crashes totals more than $51 billion. (NCADD.org)

High BAC drivers tend to be male, aged 25-35, and have a history of DWI convictions and polydrug abuse (potsdam.edu, 2013).

Don't be fooled. The contents of the typical bottle or can of beer, glass of wine, or liquor drink (mixed drink or straight liquor) each contain virtually identical amounts of pure alcohol. When it comes to alcohol, a drink is a drink, and are all the same to a Breathalyzer (potsdam.edu, 2013).

Protect Others

- Volunteer to be a designated driver.
- Never condone or approve of excessive alcohol consumption. Intoxicated behavior is potentially dangerous and never amusing.
- Don't ever let your friends drive drunk. Take their keys, have them stay the night, have them ride home with someone else, call a cab, or do whatever else is necessary - but don't let them drive!

The Effects of Alcohol

http://youtu.be/NVJba-2WYEM

http://www.youtube.com/watch?v=d8I2osmVVPY

http://www.youtube.com/watch?v=5b69J_bMoYk

JUDGMENT: The ability to make sound and responsible decisions.
• Alcohol affects your mental functions first, and judgment is the first to go, which means reason and caution are quickly reduced.
• Can be affected as low as .02% BAC.

CONCENTRATION: The ability to shift attention from one point of action to another.
• Alcohol impairs a driver's ability to concentrate on the multiple tasks involved in driving, such as vehicle speed, position of the vehicle, other traffic on the road, tuning the radio, and participating in conversation with passengers.
• Leaves the driver concentrating on a singular action.

COMPREHENSION: The ability to understand situations, signs, and signals.
• Alcohol impairs the driver's ability to "interpret" situations, signs, and/or signals which a driver must understand and/or respond to quickly to be safe on the road.
• Leaves the driver easily confused and not able to respond to emergency situations or to comprehend the meaning of simple signals (ie: running through a stop sign).

COORDINATION: The ability to coordinate motor skills.
• Impairs ability to coordinate motor skills, beginning with the fine motor skills (putting key in ignition) up to gross motor skills (walking to the car).
• Loss of coordination severely affects reaction time and ability to react.

VISION & HEARING ACUITY: The ability to see and hear clearly.
• Reduces visual acuity up to 32%.
• Reduces peripheral vision resulting in tunnel vision.
• Impairs ability to judge distance and depth perception (position of car).
• Dilates pupil, slows down reactions of pupil resulting in problems with on-coming headlights (glare) and "blind" driving.
• Reduces the ear's ability to hear, muffling sounds, and interfering with the ability to determine the direction of sounds.

REACTION TIME: Ability to see and understand a situation, then take an action.
• Severely reduced due to impairment of comprehension and coordination in particular.
• Slows down reaction time by 15-25%, resulting in crashes and accidents which could have been avoided if no alcohol was in the system.

BAC Calculator

http://www.buzzcheckcampaign.com/bac-calculator.html

http://www.autoevolution.com/bac/

Take the Sober Drivers Pledge –from Drinking and Driving.Org

http://www. drinkinganddriving.org/tools/soberdrivers-pledge.html

For Marine Corps specifics please review:

MCO 5100.30B Off Duty Recreation Order

MCO 5100.19F Marine Corps Traffic safety Program

BO 5100.2L MCB Camp Pendleton Base Regulation

For more information contact the Installation Traffic Safety Manager at (760)763-5070.

Check us out on Facebook https://www.facebook.com/Cpenbasesafety

Click on these links for more tips.

http://responsibility.org/drunk-driving/drunk-driving-fatalities-national-statistics

http://www.drinkinganddriving.org/

http://www.drinkinganddriving.org/tools/print-and-share/Smart_Choices_-_If_You_Are_Under_21_Brochure.pdf

http://www.utsa.edu/utsapd/Crime_Prevention/Crime_prevention%20pdf/How%20Alcohol%20Can%20Affect%20Safe%20Driving%20Skills.pdf

http://www.youtube.com/watch?v=otR8V7rlnjA