



# MCIWEST-MCB CAMP PENDLETON



## 2015 Critical Days of Summer Newsletter

Week 5: 21 June-27 June 2015

### DUI Awareness



Alcohol-related mishaps kill and injure Sailors and Marines every summer (NSC, 2015). In 2014, the number of California DUI arrest was 214,828 (State Justice Department, 2014). Drunk driving laws make it illegal nationwide to drive with a BAC at or above 0.08%. For people under 21, “zero tolerance” laws make it illegal to drive with any measurable amount of alcohol in their system (CDC, 2015). There are strategies that have been found to be effective for reducing or preventing drunk driving (CDC.gov, 2014). The strategies are drunk driving laws, sobriety checkpoints, ignition interlocks, as well as training and administrative license revocation or suspension laws; these have been demonstrated to be effective in reviews by the National Highway Traffic Safety Administration (CDC.gov, 2015).

### Designated Driver

Designated Driver programs are a key component of a community-based comprehensive impaired driving prevention effort. 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.



Commanding General's Safety Hotline: (760)763-7233

# DUI Facts and Statistics

(Courtesy of <http://www.thatguy.com>;<http://www.nhtsa.gov/Impaired> ).

- Absorption of alcohol depends on
  - Your size, weight, body fat and sex
  - Amount of alcohol consumed
  - Amount of food in your stomach
  - Use of medications
- 60% of STDs are transmitted by drunk partners.
- In 67% of unplanned pregnancies, at least one partner was drunk.
- Drunk driving is often a symptom of a larger problem: alcohol misuse and abuse.
- Alcohol-impaired motor vehicle crashes cost more than an estimated \$37 billion annually.
- In 2012, more than 10,000 people died in alcohol-impaired driving crashes - one every 51 minutes.
- The cost of an average DUI is \$3,000.
- 70 people die each day in America in drunk driving accidents.



## Blood Alcohol Concentration

Blood Alcohol Concentration (BAC) is a measurement of the alcohol in your blood. As your body absorbs the alcohol you drink, it moves it through your stomach and into your blood just 30 minutes after you started to consume it (DMV.org, 2015).

Depending on what you ate, how many drinks you had, and how quickly you drank them can affect the rate of how it is processed (DMV.org, 2015). Gender makes a difference, too. Women keep alcohol in their blood longer because they naturally have more fat; alcohol doesn't absorb into fat, so it lingers in the bloodstream (DMV.org, 2015). Depending on your body, choosing to have a single, small drink could put you over the legal limit (DMV.org, 2015).



### BAC Calculator

<http://bloodalcoholcalculator.org/>

<https://www.healthstatus.com/calculate/blood-alcohol-bac-calculator>

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## Upcoming Training

(Please call Base Safety for more information, and to verify class prerequisites)

- Quarterly Safety Committee: June 30
- Ground Safety for Marines Course: 27 July-7 August
- Fire Protection and Life Safety: 18-21 August
- CPR (upon request)
- 10 OSHA Course: 11-12 August
- 30 hour OSHA class (upon request)
- Attitudinal Dynamics of Driving (Remedial Driving): Every other Friday
- Fall Stand down: 28 Oct 2015

## Workplace Humor

When you gamble with safety you bet your life

## Picture of the Week



"Good Heavens, man, you look like an accident waiting to happen."

 Check us out on Facebook

<https://www.facebook.com/Cpenbasesafety>

**Click on these links for more tips.**

<http://safetycenter.navy.mil/>

<http://www.thatguy.com/>

<http://www.nhtsa.gov/Impaired>

[http://www.cdc.gov/motorvehiclesafety/impaired\\_driving/bac.html](http://www.cdc.gov/motorvehiclesafety/impaired_driving/bac.html)

<http://www.nhtsa.gov/people/injury/alcohol/DesignatedDriver/>

<http://www.dmv.org/dui-dwi/alcohol-drug-awareness.php>

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