

Getting Smashed?

There are no excuses

"I had a drink but it was at lunch time"

Even a small drink at lunchtime can make you more sleepy and impair your driving.

"I feel fine to drive"

Any amount of alcohol will affect your judgement.

"I've only had a couple"

Even a single drink will affect your driving performance.

"I've had a meal"

Alcohol just takes a little longer to get into your system, your driving will still be affected.

"I can handle my drink"

You may think you can handle your drink, but you will have difficulty judging distance and speed. Your reactions are slower, so it will take you longer to stop.

"I'm only going down the road"

A large proportion of all drink drive crashes occur within 3 miles of the start of the journey.

"I'm driving slowly and carefully"

Alcohol actually makes you less alert.



TOP TIPS

- Leave the car at home.
- Organise how you are getting home.
- Drink soft drinks.
- Nominate a driver.
- Take public transport.
- Phone your parents to pick you up.

Drink & Drug Driving – We Won't Tolerate It.

Your local road safety team

Working for Safer Roads in Dumfries and Galloway.

Dumfries and Galloway
Constabulary



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