

## RULE No 2 – Never drive under the influence of alcohol or drugs

**Drivers are not allowed to operate a vehicle while under the influence of alcohol, drugs or any other substances or medication that could impair their ability to safely operate the vehicle.**



Driving under the influence of alcohol is a factor in approximately 25% of fatal crashes, claiming about 6 500 lives in Europe in 2012. Other substances – medicine as well as illegal drugs – are a road safety problem, either in isolation or in combination with alcohol.

All EU countries have limits on the amount of alcohol drivers can consume. According to the Road Traffic Act in Bulgaria it is prohibited to drive vehicles with an alcohol concentration in the blood of more than 0.5 per mille, which can be established by a medical examination and / or a technical device determining the alcohol content of the blood by measuring it in exhaled air. **Reminder: HeidelbergCement Group subsidiaries in Bulgaria have established even more stringent requirements and does not allow both drivers of vehicles and workers with blood alcohol concentrations other than 0.0 per mille.**

### How alcohol affects driving ability?

Alcohol has suppressing action, affecting several areas of the brain:

- Reduces the field of vision
- Reduces reflexes and coordination of movements
- Increases the feeling of fatigue and drowsiness
- Creates the illusion of “better driving”
- Reduces the ability of the individual to estimate the speed and distance from other cars, people or objects
- Slows down brain functions resulting in slow decision making.

### The effect of alcohol in humans depends on factors such as:

- Weight
- Sex
- Age
- Metabolism
- Stress levels
- Whether the driver has eaten before drinking
- Amount of alcohol



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### How drugs affect driving?

Driving under the influence of drugs is one of the factors of road fatalities. Drug users and alcohol consumers if involved in an accident can jeopardize not only their lives but their lives of other innocent people. Drugs such as cannabis, amphetamines, opioid, etc. have the following effects:

- Impair mental functions
- Affect vision and perception
- Distract concentration
- Cause overestimation of driving skills
- Sometimes cause hallucinations
- Cause violent behavior
- Reduce reflexes, balance, orientation

### What is the interaction between alcohol and medicine?

When certain type of medicine is consumed together with alcohol, their interaction may increase their effects, with negative consequences. Based on available bibliography, more than 150 medicine interact with alcohol and affect driving.

The main categories of medicine proven to affect the ability to drive are:

- Antistamine
- Antiemetic
- Antihypertensive
- Antidiabetic
- Antipsychotic
- Antiepileptic
- Anaesthetics

**ALWAYS ASK FOR DOCTOR ADVICE WHETHER YOUR MEDICINE CAN BE COMBINED WITH ALCOHOL OR NOT**

## WE OFTEN HEAR PEOPLE SAY...

## but...

## WHAT IS THE REALITY?

“I drunk four glasses of vodka, I will drink plenty of water so I won’t get caught during the alcohol test”

The amount of alcohol in ones body (exhalation / blood) does not change no matter how much water he drinks. What will be affected by water intake, is that the alcohol concentration in urine will be decreased.

“Drink a little champagne instead of wine! You will be less dizzy!”.

Alcohol will have a quicker affect on you if you consume drinks like: champagne and other sparkling wines or alcohol drinks mixed with soft drinks or lemonade.

“I drunk too much and got dizzy. I should drink a coffee to wake up”.

Coffee will not decrease the concentration of alcohol in the blood. Probably it will reduce drowsiness. Only time can reduce the alcohol concentration in blood.

“I have drunk too much! I will walk for a while before driving to get sober.”

Physical exercise does not reduce alcohol in the blood.

I have taken medicine while driving so many times in the past and nothing happened to me! Why happen now?

Each medicine has diferrent side effects! **Because all medicines are not the same**, you should always consult your doctor.

There is no harm in smoking a joint, on the contrary I will be more calm and relaxed behind the wheel...

Cannabis, like other drugs, affects driving even when the effects are not obvious. They can cause severe psychiatric disorders, problems to vision, perception, concentration...  
<https://www.youtube.com/watch?v=ljmAlagavRA>

**Think about the consequences when you drive under the influence of alcohol or drugs:**

<https://www.youtube.com/watch?v=9rj3GGRp45w>  
<https://www.youtube.com/watch?v=PUAQDtjkdM8>  
<https://www.youtube.com/watch?v=fC0Uot-eeLo>  
<https://www.youtube.com/watch?v=avr-szuBvvw>  
<https://www.youtube.com/watch?v=epGwfiUi8H8>

*This form is informative-educational and includes information from the sites below:*

<http://www.moh.gov.cy/Moh/SGL/SGL.nsf/All/5974CD598C77A19AC2257DE4003F1497?OpenDocument>  
[http://ec.europa.eu/transport/road\\_safety/topics/behaviour/fitness\\_to\\_drive/index\\_el.htm](http://ec.europa.eu/transport/road_safety/topics/behaviour/fitness_to_drive/index_el.htm)  
<http://www.aodos.gr/default.asp?catid=40266&subid=2&pubid=15424044>  
<http://www.aodos.gr/default.asp?catid=40266&subid=2&pubid=15424146>  
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Date of Safety talk: .....

Leader Name-Surname/Position: .....

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Signature: .....

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