

# Safety Tips

## DRINK RESPONSIBLY

What happens when you go out with your friends to your favorite night club and have too much alcohol to drink? What effects does alcohol have on the person that is drinking? What are the end results of drinking and driving?

Each year in the U.S. drinking and driving results in over 650,000 serious injuries, 1.5 million arrests and over 100,000 lives are lost. Billions of dollars are spent on insurance claims, medical expenses and property damage. Drunk drivers are not just alcoholics; they can be occasional, social or first-time drinkers who put themselves and everyone they encounter at risk. Anyone can be a victim.

Alcohol affects everyone differently. Some of the common effects are slow reflexes, poor judgment and coordination, blurred vision, slurred speech and an increase in response time. If you consume too much alcohol, it can lead to an increase in violence, coma or death. Any consumption of alcohol produces some level of intoxication. The more alcohol consumed and the faster one drinks, the more intensified the intoxication. One drink = 1/4 oz. liquor, 4 oz. of wine or 12 oz. of beer. It takes 20-30 minutes for a drink to take effect, but it takes the body one hour to burn off one ounce of alcohol after it is absorbed into the blood. Once absorbed, nothing - drinking coffee, cold showers, etc. - will hasten or alleviate its effects. It takes about 1 hour for the liver to burn off each drink. Remember that your body weight, metabolism and whether you are male or female are contributing factors for intoxication.

When you are out with your friends, be responsible; have a designated driver. If someone you know has been drinking, keep them from driving. NEVER get into a vehicle with someone who has been drinking. If you do not have a designated driver, call a taxi or sober friend to pick you up.

Please drink responsibly, we want to avoid tragedies in our community. Too many lives are affected by drunk drivers. Help us save lives. Don't Drink and Drive!

You Drink, You Drive, You Will Lose!



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