

## Impairments – alcohol and other drugs

Most of us are well aware of the effects of alcohol and how it impacts our ability to coordinate physical movements. With the holiday season approaching, this is a reminder to make wise choices and some ways to make your holidays enjoyable.

As alcohol enters your bloodstream it affects your vision and alters good judgment. The only way to eliminate or reduce the Blood Alcohol Content (BAC) and get your senses back in order is time. The typical time period your body can eliminate alcohol is one hour per drink. Colorado has a Driving While Ability Impaired (DWAI) law as well (BAC .05 to .08%) which also includes jail time, a fine, license points and public service time. Give yourself some extra time before you drive or ride.

Alcohol is not the only drug that affects your vision and ability to make good judgments. Over-the-counter, prescription and illegal drugs that slow you down or speed you up will affect your ability to identify, judge and react to hazardous situations. Know the side effects and take extra precautions when using drugs (legal drugs of course).

If you see someone that has had too much to drink, get help from others to keep that person from driving or arrange for a ride. There are other techniques like taking the keys or buying time to delay driving or riding.

Enjoy the holidays, but be safe and make wise choices if you plan to drink.

Accidents hurt - safety doesn't. ~Author Unknown

Safety Officer

Mark Puhr