

THE FATAL FOUR



Drink & Drugs Mobile Phones Speeding NO Seatbelts

CAUSE AND EFFECT

Supplement No. 3

Drink and Drug Driving

- Despite 30 years of drink drive education and enforcement, around 100,000 people are still caught drink driving annually.
- They face a driving ban of at least 12 months
- A large fine
- Possible imprisonment
- It is also an offence to be unfit to drive through drink, even if below the legal limit
- Drugs: The penalties are same as for the 'over the limit' drink offence

Even a small amount of alcohol can have a serious effect on driving ability, affecting:

- Judgement
- Co-ordination
- Reaction times
- As well as acting as a confidence booster that could lead to greater risk taking

Research has shown that young drivers have more drink drive related crashes per licence holder or per mile travelled than any other age group.

- It takes 1 hour for the body to process 1 unit of alcohol

Drug Driving:

Police now have the power to arrest drivers by the road side if they suspect that the driver might be impaired through:

- Illegal drugs
- Prescription drugs

If convicted, exactly the same penalties will apply as for drink driving. That means a drug related offence can result in:

- A £5000 fine
- Six months in prison
- A twelve month driving ban
- This can also include a massive insurance increase and a criminal record

Drugs vary in the time they stay in your system:

- **Alcohol:** 3-5 days in urine, up to 90 days in hair and around 10-12 hours in your blood.
- **Amphetamines:** 1-3 days in urine, up to 90 days in hair and around 12 hours in your blood.
- **Barbiturates:** 2-4 days in urine, up to 90 days in hair and 1-2 days in your blood.
- **Benzodiazapines:** 3-6 weeks in urine, up to 90 days in hair and 2-3 days in your blood.
- **Cannabis:** 7-30 days in urine, up to 90 days in hair, two weeks in your blood.
- **Cocaine:** 3-4 days in urine, up to 90 days in hair, 1-2 days in your blood.
- **Codeine:** 1 day in urine, up to 90 days in hair, 12 hours in your blood.
- **Heroin:** 3-4 days in urine, up to 90 days in hair, up to 12 hours in your blood.
- **LSD:** 1-3 days in urine, up to 3 days in hair, 2-3 hours in your blood.
- **MDMA (ecstasy):** 3-4 days in urine, up to 90 days in hair and 1-2 days in your blood.
- **Methamphetamine (crystal meth):** 3-6 days in urine, up 90 days in hair, 24-72 hours in your blood.
- **Methadone:** 3-4 days in urine, up to 90 days in hair, 24-36 hours in your blood.
- **Morphine:** 2-3 days in urine, up to 90 days in hair, 6-8 hours in your blood.