



Spotlight on...
drugs and alcohol

**CONSIDERATE
CONSTRUCTORS
SCHEME**

Case Study: A-One+

A-one+ Integrated Highways Services is committed to maintaining a productive and most importantly, safe workplace. In managing large geographical areas of the strategic road network involving busy transportation pathways and working next to high speed traffic, A-one+ must ensure that the safety of their workforce and the public is always of utmost concern.

Any degree of impairment is considered a serious threat to safety, health, productivity and the environment. Therefore, if there is any reason to believe an employee is unfit for work due to the use of drugs or alcohol, 'with cause' testing can be carried out. In addition, A-one+ carries out random testing as well as new employee and subcontractor screening.

A-one+ also provides information on the topic of drugs and alcohol by educating the workforce through Brake's 'Road Safety Week' initiative. Brake is a humanitarian road safety charity whose aim is to achieve greater safety on the road through campaigns and initiatives.

Two individual resources aim to raise awareness of the issue and educate the workforce by focusing on how drugs and alcohol can pose a serious risk on the road.

The first resource provides an overview of the risks of mixing drugs and driving, including facts and figures, definitions and advice.

It is stated that in the UK, around 18% of people killed in road crashes have traces of illegal drugs in their blood, with cannabis being the most common. The definitions describe the effects and associated dangers of the most common drugs such as; cannabis, cocaine, ecstasy and LSD. Drug substances can also stay in an individual's body for up to a month, therefore easily traceable through drug testing.

The information provided proves that the individual is a risk to themselves and others regardless of the substance and/or how much they may have taken.

ROAD SAFETY WEEK—18th-24th November 2013

A-one+
Integrated Highways Services

Road Safety Week
24th NOVEMBER 2013

Drugs Driving - the facts

Drug driving - an overview

There is no doubt that illegal drugs have a variety of very serious negative effects on driving ability and that drug driving is a major killer on our roads. In the UK, around 18% of people killed in road crashes have traces of illegal drugs in their blood, with cannabis being the most common. Levels of drug driving are not yet well recorded in many countries but records will improve in the future as more countries adopt roadside testing devices for drugs.

What drugs do

Different drugs affect people in different ways and the effects can last for days sometimes without someone realising. Below are some of the effects of drugs that are likely to affect a person's driving ability.

Cannabis
Cannabis slows reactions, affects concentration often gives a sativa-like effect, resulting in fatigue affects coordination.

Cocaine
Cocaine causes overconfidence, can cause erratic behaviour, after a night out using cocaine, people may feel like they have fuel, feel sleepy and lack concentration.

Ecstasy
Ecstasy makes the heartbeat faster. This could cause a surge of adrenaline and result in a driver feeling over confident and taking risks.

LSD
LSD can speed up or slow down time and movement, making the speed of other vehicles difficult to judge, can distort colour, sound and objects, users often see objects which aren't there, LSD can cause people to feel paranoid and confused - obviously a dangerous state to be in while driving.

Speed
Speed makes people feel wide awake and excited, people who have taken speed find it difficult to sit still, users have difficulty sleeping, as someone who has taken speed and not been able to sleep at the weekend would probably be tired and therefore dangerous on the road, speed can make people panic.

Legal drugs can stay in your system for a month. Many medicines built as some strong pain killers and anti-depressants are extremely dangerous to drive on.

Never drive if there's even a sliver chance you are still 'under the influence', including the 'morning after'. Many drink and drug drivers are caught the morning after.

Quote of the Day: "Rise road safety, rise injury, rise road safety, rise injury"

DRUG DRIVING

Spotlight on... drugs and alcohol

Case Study: A-One+

The second resource provides an overview of drink driving including facts and figures, the effects of alcohol and advice.

It is stated that one in seven UK road deaths result from drink drive crashes where the driver was over the limit. Even small amounts of alcohol affect the individual's reaction times, judgment, co-ordination and a false sense of confidence.

The message is to avoid drinking any alcohol if you are required to drive. It is also important to consider just how long alcohol takes to completely leave the body, therefore determining if you are under the influence.

A-one+ maintains important awareness and promotes regular reminders to its workforce using the resources provided by professional organisations dedicated to the issue and its risks. Drugs and alcohol pose a danger to all works in the industry but it is crucial to ensure the highest safety standards when working in and around the high speed road network.

A-one+ has also found that the focus on this area coupled with a programme of health related activities, has provided important secondary benefits in improved general health and welfare of employees.



The poster is for Road Safety Week 2013, held from the 18th to the 24th of November. It features the A-one+ logo at the top left and the Road Safety Week logo at the top right. The main title is 'Road Safety Week' in a large, bold font. Below the title, the text reads 'Drink Driving - the facts'. There are three main sections: 'Drink driving - Overview', 'The effects of alcohol', and 'Our messages for drivers:'. The 'Overview' section states that drink driving is still one of the biggest killers on our roads and that one in seven UK road deaths result from drink drive crashes where the driver was over the limit. The 'Effects of alcohol' section explains that alcohol is a depressant drug that affects reaction times, judgment, and coordination, and that it takes time to leave the body. The 'Messages for drivers' section lists three key points: never drink any amount of alcohol if you're driving, never drink if you're driving early the next morning, and plan ahead to make sure you can get home safely. At the bottom, there is a slogan: 'Last words of the day: "Safe Driving, Seven Lives!"'.

A-one+
Integrated Highway Services

Road Safety Week

Drink Driving - the facts

Drink driving - Overview
Drink driving is still one of the biggest killers on our roads. One in seven UK road deaths result from drink drive crashes where the driver was over the limit. These deaths and the many more serious injuries, can be stopped if all drivers pledge to not drink a drop before driving. They can also be stopped by improving government policies. Evidence from around the world shows that taking steps such as lowering drink drive limits and stepping up police enforcement checks are highly effective in cutting drink drive casualties.

The effects of alcohol
Alcohol is a depressant drug and even small amounts (such as half a pint of lager) affect drivers' reaction times, judgment and co-ordination. Alcohol also makes it impossible for drivers to assess their own impairment because it creates a false sense of confidence and means drivers are more inclined to take risks and believe they are control when they are not. For these reasons, the only way for drivers to be safe is to not drink anything at all before driving.
It is also impossible to calculate how much alcohol you have in your blood (even if you know exactly how much you have consumed), or how long it will stay in your system. The speed at which alcohol is absorbed into your system (and how quickly your system gets rid of it) depends on a large number of factors, including your sex, weight, metabolism, health and when you last ate. There's no way of knowing exactly how long it takes to sober up completely after drinking, but it's longer than many people think. As a rough guide you should allow at least one hour to absorb all alcohol, plus at least one hour for each unit consumed - but it could take longer, so you should always leave extra time to be safe. For example, if you finish drinking three pints of strong lager or one bottle of 12% ABV wine (both nine units) at 11pm, you may not be rid of alcohol until at least 5am, but it could take much longer depending on factors such as your weight.
Drinking coffee, eating, sleeping and showering don't make you sober up any faster. It just takes time.

Our messages for drivers:

- Never drink any amount of alcohol if you're driving.
- Never drink if you're driving early the next morning.
- Plan ahead to make sure you can get home safely when going out for the night, using public transport, booking a taxi, or having a designated driver who sticks to soft drinks.
- Take responsibility for others: never buy a drink for someone who is driving.

THINK
Don't Drink and Drive

ROAD SAFETY WEEK — 18th-24th November 2013

Last words of the day: "Safe Driving, Seven Lives!"