

MOTOR VEHICLE FLEET Management Bulletin

FROM THE [LOSS CONTROL ORGANIZATION OF THE HARTFORD](#)

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Impaired Driving

The National Highway Traffic Safety Administration (NHTSA) reported that in 2007, an estimated 12,998 people were killed in alcohol-impaired driving crashes. NHTSA also reports that every year over 40% of all accident fatalities involve drinking drivers. Does your company and/or fleet safety program address alcohol and driving? With the holiday season quickly approaching, educate your employees **NOT** to drink and drive. Encourage all your employees to be responsible and use the "designated driver" method of safe driving.

Here are some pointers you can help your drivers with:

- Don't drink on an empty stomach. Eating, especially protein rich foods slow down the absorption process.
- Pass up on rounds of drinks.
- Switch to non-alcohol drinks.
- Limit yourself to one drink per hour.
- Wait at least an hour after the last drink before driving – but the best advice is **NOT** to drink and drive.
- Drinking coffee does not help – it just makes for a wide awake drunk.
- The only cure for intoxication is time. It takes about an hour for the human body to eliminate the alcohol in a single drink. Nothing can speed up this process.

Your employees need to know the alcohol content for each of the following is the same:

- ⇒ 12 oz beer
- ⇒ 1-½ ounce shot of 80 proof liquor
- ⇒ 5 ounce serving of wine

For a 160 lb. person to reach/exceed .08 BAC (Blood Alcohol Content) may be equivalent to drinking any of these in one hour:

- ⇒ 3 to 4 12 oz beers
- ⇒ 3 to 4 1-½ ounce servings of liquor
- ⇒ 3 to 4 5 oz servings of wine

Drivers with a CDL (Commercial Drivers License) are limited by law to a BAC of .04.



In the event a driver is stopped by a police officer and the officer suspects and/or smells alcohol, even from only one drink, the driver will be required to take a sobriety test.

The latest Traffic Safety Facts on Alcohol-Impaired Driving Fatalities may be obtained from the National Highway Traffic Safety Administration ([DOT HS 811 016](#)).

If you employ safety-sensitive workers who must have DOT drug and alcohol tests please consider reviewing the following; the U.S. Department of Transportation Office of the Secretary has published "What Employers Need to Know About DOT Drug and Alcohol Testing" -

http://www.dot.gov/ost/dapc/testingpubs/Revised_Employer_Guidelines_August_25_2008.pdf

Make this a safe holiday season. Don't lose a good employee who drives for your company because they were cited for an alcohol related offense or even worse - were injured or killed as a result.

Encourage your employees NOT to Drink and Drive!

Resources

[National Highway Traffic Safety Administration](#)

[National Safety Council](#)

[MADD \(Mother's Against Drunk Driving\)](#)

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