

Save lives by designating a sober driver

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Almost 32 people in the U.S. die in motor vehicle crashes that involve an alcohol-impaired driver, amounting to one death every 48 minutes, according to the Center for Disease Control and Prevention.

December is designated as National Drinking and Drugged Driving Prevention Month which reminds us to "Designate before we Celebrate" and encourages safe and sober driving.

The Holiday season generally means more parties, which raises potential drinking opportunities. Driving defensively means not only taking responsibility for yourself and your actions but also keeping an eye on "the other guy." If you plan to drink, designate a driver who won't.

Below are Carlisle Barracks programs and more information regarding safe alcohol consumption.

Carlisle Barracks Programs:

[The Designated Driver Program on Carlisle Barracks: "You Drink – You Drive – You Lose."](#)

LVCC and The Strike Zone support the Designated Driver Program:

-A designated driver is a person in a group of two or more drinking adults who agrees not to drink any alcoholic beverages and to safely transport the other group member's home.

-If it is a large group, more than one Designated Driver may be needed.

-Designated Drivers **should not** drink any alcoholic beverages and are therefore **never** the person least drunk.

-Designated Drivers are also important if someone is taking medication that makes them drowsy or otherwise impaired.

If you attend an event at the **LVCC or Strike Zone Bowling Center**, inform the staff that you are the designated driver and you will receive **FREE** non-alcoholic soft-drinks or water throughout the event.

Additionally, the staff will make sure you get home safely, even if you should need a ride. For more information, contact the Army Substance Abuse Office at 245-4576

[Responsible Alcohol Use and DUI Presentation](#)

"What is Responsible Drinking, and DUI – Facts You Need to Know & Holiday Safety": **Tuesday, 17 December, 2013**, 1500 – 1630, Bradley Auditorium, Upton Hall, Pre-registration required by calling 245-4576.

This class will cover the following:

-“Responsible Drinking” – This class will challenge common beliefs and attitudes that directly contribute to high risk alcohol abuse, physical tolerance vs. mental tolerance. We will discuss how our choices can protect or harm the things that we love and value.

-PennDot DUI and DUI Crash Stats'

-"DUI's don't get past us"

-DRE's - Drug recognition Experts - What are they? Where do they come from?

-Drunk / Drug Driving PA Laws

-Holiday Safety

Presented by the Army Substance Abuse Office, and the Directorate of Emergency Services, Carlisle Barracks.

Additional information:

Safe Driving

If you are a host for a party, here are some things you can do to promote responsible drinking at a social function:

-Provide plenty of non-alcoholic beverages.

-Do not pressure guests to drink.

-Serve food to slow the rate of absorption of alcohol.

-Stop serving alcohol at least one hour before the party is over.

-If guests drink too much, call a cab or arrange a ride with a sober driver.

Impaired Driving

Alcohol-impaired driving endangers the health and lives of drinking drivers, their passengers and others on the road:

-One in 3 fatal motor-vehicle crashes involves an alcohol-impaired driver.

-Alcohol-impaired driving takes an especially high toll on young people. One of every three drivers ages 21-24 who was killed in a motor vehicle crash in 2008 had a blood-alcohol concentration (BAC) of 0.08 (which is the illegal limit) or above.

Plan Ahead

Whenever your social plans involve alcohol, make plans so that you don't have to drive after drinking:

-Prior to any drinking, designate a non-drinking driver when with a group.

-Don't let your friends drive impaired. Take their keys away.

-If you have been drinking, get a ride home or call a taxi.

-If you're hosting a party where alcohol will be served, remind your guests to plan ahead and designate their sober driver; offer alcohol-free beverages; and make sure all guests leave with a sober driver.

Protective Programs

When it comes to steps society can take to reduce impaired driving, sobriety checkpoints and ignition interlocks have been proven effective:

-Sobriety checkpoints are traffic stops where law enforcement officers assess drivers' level of alcohol impairment. These checkpoints consistently reduce alcohol-related crashes, typically by 20%.

-Ignition interlocks are devices that are installed in the vehicles of people who have been convicted of driving while impaired. They prevent operation of the vehicle by anyone with a blood alcohol concentration (BAC) above a specified safe level (usually 0.02% – 0.04%). When installed, interlocks are associated with about a 70% reduction in arrest rates for impaired driving.

Preventing Excessive Alcohol Consumption

Excessive alcohol consumption is the third leading cause of preventable death in the United States and is a risk factor for many health and societal problems. Among adults, it can take the form of heavy drinking, binge drinking, or both.

-Heavy drinking is defined as more than two drinks per day on average for men or more than one drink per day on average for women.

-Binge drinking is defined as five or more drinks during a single occasion for men or four or more drinks during a single occasion for women.

Underage drinking can also be considered a form of excessive drinking because it is both illegal and often involves consumption in quantities and settings that can lead to serious immediate and long-term consequences.

-Approximately 5% of the total population drinks heavily and 15% of the population engages in binge drinking ([CDC](#)).

-People aged 12 to 20 years drink 11% of all alcohol consumed in the United States. More than 90% of this alcohol is consumed in the form of binge drinks.

U.S. Army War College Archives - News Article - 03 December 2013