



SAFETY TALK

IMPAIRED DRIVING

Driving while impaired may have legal or other real-life consequences. Take precautions to ensure you arrive at your destination and always put safety first.

The 4 D's of Impaired Driving

Drunk

Driving with a **blood alcohol concentration (BAC) over 0.08**, may result in serious consequences like: a minimum \$1,000 fine, or a one-year license suspension. P.E.I. has the highest rate of police-reported impaired driving incidents in Canada—about 645 cases per 100,000 people.

Distracted

Distractions aren't just about phones. They include: **eating or drinking and personal grooming**. Stay focused—every distraction increases your risk on the road!

Drugged

Driving isn't just impacted by alcohol—many substances can impair you:

- **Depressants:** Alcohol, Valium, Ativan
- **Stimulants:** Amphetamines
- **Hallucinogens:** Cannabis and similar drugs
- **Antidepressants:** Medications like Prozac

Always check labels and know the side effects before you drive!

Drowsy

It's not illegal, but it's deadly. In Canada, it causes **1 in 5 fatal crashes**. **Warning signs:** yawning, heavy eyes, nodding off, drifting lanes, forgetting landmarks. If you notice these—**stop and rest**.

18 hours awake = 0.05% BAC

24 hours awake = 0.1% BAC (over the limit)

How to prevent impaired driving

- **Plan ahead** if you'll be drinking or using drugs. **Use a taxi or rideshare**
- **Choose a trusted designated driver**
- **Know your medication side effects**
- **Pull over** if you feel drowsy
- **Stop friends from driving impaired**
- **Never accept a ride from an impaired driver**

Remember, always wear a seatbelt, stay safe and arrive alive!

Safety is everyone's responsibility!

DATE: _____
FACILITY: _____

SAFETY TALK LEAD BY: _____
DEPARTMENT: _____

DISCUSSION QUESTIONS:

- WHAT IS IMPAIRED DRIVING?
- HOW CAN I MANAGE IMPAIRED DRIVING?
- WHAT ARE THE WARNING SIGNS OF A DROWSY DRIVER?

EMPLOYEE CONCERNS & IDEAS FOR IMPROVEMENT:

EMPLOYEES PRESENT:

FOLLOW UP ON CONCERNS:

If you have any feedback on the Safety Talks program or a suggestion for a Safety Talk, please contact a member of the Wellness & Safety Team or email healthpeihr@ihis.org
Safety Talks can be found on the Staff Resource Centre at: <https://src.healthpei.ca/safety-talks>