

## IMPAIRED DRIVING

Driving under the influence of drugs or alcohol is illegal and puts the driver, passenger(s), and others on the road at risk of injury or death.

When driving under the influence, the drivers' judgement, reflexes and coordination are all compromised.

### Common effects of being under the influence include:

- Reduced reaction time
- Impaired depth perception
- Hyperactivity from a high
- Poor peripheral vision
- Confusion
- Fatigue
- Lack of awareness of surroundings

## DID YOU KNOW?



**Impaired driving** accounts for more than **16,000 deaths**, **one million injuries**, and **costs \$45 billion** each year.

- National Highway Traffic Safety Administration.

## Injury Prevention and Trauma Services

1 Hospital Drive  
Columbia, MO 65212

### To schedule an Is It Worth It event at your location, please contact:

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### Resources:

*Substance Abuse and Mental Health Administration, 2010*

*National Highway Insurance Institute for Highway Safety, 2012*

*Savemolives.com*

*Mothers Against Drunk Driving/MADD, 2015*

[www.dmv.org/articles/teen-driver-safety-seat-belt-use/](http://www.dmv.org/articles/teen-driver-safety-seat-belt-use/)

[www.sadd.org/what-we-care-about/traffic-safety/impaired-driving/](http://www.sadd.org/what-we-care-about/traffic-safety/impaired-driving/)

Funded by:



Frank L. Mitchell Jr., MD  
Trauma Center

*University of Missouri Health Care*

# IS IT WORTH IT?

Injury Prevention  
and Trauma Services



Frank L. Mitchell Jr., MD  
Trauma Center

*University of Missouri Health Care*



**IS IT WORTH IT** is a program offered by MU Health Care's Injury Prevention and Trauma Services team for alternative schools. The program is an interactive and educational 60-90 minute classroom presentation, with topics to include:

- Why you should wear your seat belt
- The dangers of distracted driving
- The risks of impaired driving

## HOW TO WEAR YOUR SEAT BELT CORRECTLY

- The shoulder strap of the seat belt should fit snugly across your chest and shoulder, not under your arm or across your neck or face.
- The lap (lower) part of the seat belt should be sitting low and tight across the upper part of your hips.




**CORRECT**





**INCORRECT**


## SEAT BELT SAFETY


Understanding the importance of wearing a seat belt is critical to your overall safety while in a vehicle.

 Motor vehicle crashes are the leading cause of death for **15 to 20 year olds** in the United States.

 **Missouri law** requires all drivers and front-seat passengers to wear seat belts.

 If the **driver** holds an intermediate driver license, all passengers must wear seat belts.

 When fastened, seat belts **reduce the risk** of fatal injury to front seat passengers **by 45%**.

 Out of any driving demographic, **teen drivers** are the least likely to buckle up.

## THE DANGERS OF DISTRACTED DRIVING

There are three main types of potential distractions while driving: visual, manual and cognitive. Visual is taking your eyes off the road, manual is taking your hands off the wheel and cognitive is taking your mind off what you are doing.

Eating and/or drinking, texting, talking on the phone, putting on make-up, fixing your hair and having conversations with friends are all examples of distracted driving.

When you are distracted while driving, crashes are more likely to occur.

**For example, when you text and drive:**

 You are **23 times more likely to crash.**

 You spend **10% of the time outside of your lane.**

 You spend an average of **5 seconds** with your eyes off the road.