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drugs and driving WARNING RISKY BEHAVIOUR!

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DRUGS AND DRIVING

Impaired driving is

SUNCE:

usually associated in people's minds with alcohol use, which, along with speeding, remains one of the prime cause of road fatalities. Nonetheless, driving under the influence of drugs is a growing concern. A recent survey revealed that Canadians view the phenomenon of young drivers who are alcohol-and-drug-impaired as serious as the general problem of drunk driving'.

Survey, Les drogues et la conduite, Fondation de recherches sur les blessures de la route November 2006.

KNOW THAT ...?

- There are no harmless drugs. Drugs have effects on the brain that are inconsistent with the safe operation of a motor vehicle.
- Quite often, drivers under the influence of drugs do not even realize that their faculties are impaired.
 Drugs affect driving capability, even when the driver's impression is that the effects have worn off.
- Driving a vehicle while impaired by alcohol or drugs is a criminal offence.

DRUGS AND DRIVING WARNING RISKY BEHAVIOUR!

- The effects of drugs can vary greatly from one individual to another, even from one occasion to another. A lot depends:
 - On what is consumed: quantity, quality, method of ingestion, tolerance to the substance, etc.;
 - On the individual user: weight, age, state of physical and mental health, etc.;
 - On the context: time of day or night, location, taken alone or with others, etc.
- 4.8% of drivers who took part in the Canadian Addiction Survey in 2004 admitted having been at the controls of a vehicle within two hours after smoking or otherwise ingesting cannabis.
- Driving under the influence of cannabis is more common for young people.
 20.6% of drivers who stated they drove under the influence of cannabis were aged 16 to 19. For this age group, driving while stoned is more frequent than alcohol-impaired driving (19.6%).
- Driving under the influence of illegal drugs is clearly linked with nighttime driving by young males.

DATA FROM THE SAAQ STUDY CONDUCTED FROM 1999 TO 2002²

The following results came from analyses of the blood of Québec drivers killed in accidents between 1999 and 2002:

- The presence of alcohol or drugs was found in almost half (46.4%) of deceased drivers;
- Drugs were found in close to 25% of deceased drivers, or one out of four;
 - Among those with drugs in their bloodstream, almost half also showed that they had been drinking;
- The principal drugs found were cannabis, especially in young drivers, and cocaine. Medication such as sleeping pills and tranquillizers were taken mostly by drivers aged 55 and older.

SAAQ Study, 2004, Lien entre le dossier de conduite et la présence d'alcool et/ou de drogues chez les conducteurs décédés. SAAQ Study, 2004, Le rôle de l'alcool et des autres drogues dans les accidents mortels de la route au Québec: Résultats finaux.

ACCIDENT RISKS ASSOCIATED WITH DRIVING UNDER THE INFLUENCE OF DRUGS

In general, a driver who takes drugs is facing two to five times the risk of being involved in a fatality, as compared with a sober driver.

The mere fact of ingesting more than one psychoactive substance (alcohol and a drug) before driving greatly increases the likelihood of having a fatal accident. The risks of a mishap not only add up, but also multiply. For example, the chances of being involved in a fatal accident is 200 times higher for a driver who has had cannabis along with a quantity of alcohol registering over .08% in the bloodstream.

MIXING ALCOHOL WITH ANOTHER PSYCHOACTIVE SUBSTANCE IS THE MOST DANGEROUS.

Risk of having a fatal accident after consumption:

Drug	Alone	With alcohol > 80 mg%
Alcohol > 80 mg%	X 70	
Cannabis	X 1.6	X 203
Cocaine	X 4.5	X 500
Benzodiazepine	X 3.9	Undetermined

TRANQUILLERS AND SLEEPING DI L

EFFECTS ON DRIVING³

BARBITURATE BENZODIAZEPINE GHB (DATE RAPE DRUG)

- Drowsiness
- Vertigo
- Some loss in peripheral vision
- Slower reactions
- Lack of awareness

- 3. Drogues, santé et société, Volume 2, no. 2, Cannabis: Pharmacologie du cannabis et synthèse des analyse des principaux comité d'experts, Ben Amar, Mohamed, 2004.
 - NHTSA, Drugs and Human Performance Fact Sheets, 2004.
 - SFA/ispa (2004). Alcool, drogues illégales, médicaments et circulation routière.





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MORPHINE HEROIN METHADONE

- · Diminished physical and mental capabilities needed for driving
- Driving too slowly
- Problems with coordination
- Some loss of vehicle control
- Slower reactions
- Drowsiness
- Vision problems

SOLVANTS*

and the state of the

GLUE AEROSOL (POPPERS)

- · Diminished psychomotor and cognitive skills
- Decrease in sight perception
- Inability to concentrate
- Slower movements
- Greater time needed to react

CNS STIMULANTS* COCAINE AMPHETAMINES

SPEED METHAMPHETAMINE CRYSTAL METH MDMA (ECSTASY)

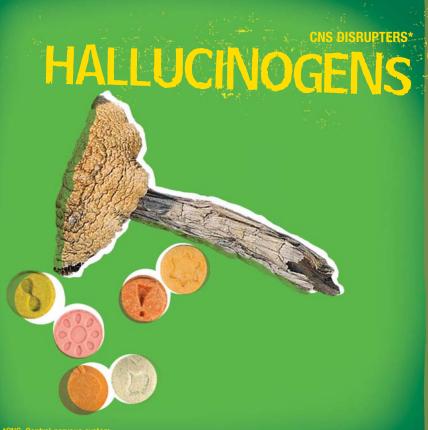
- High-risk behaviour such as speeding, cutting other vehicles off, rage
- Overly confident
- Drowsiness, depressive mood, lack of attention (following the "high" phase)
- Problems with coordination
- Dilation of pupils, which results in diminished ability to adapt to glare

CANNABIS



HASHISH OIL MARIJUANA

- Difficulty in concentrating, in remaining attentive to the road
- Poorer ability to interpret surroundings
- Problems with coordination
- Difficulty in keeping a vehicle on its straight-line path
- Difficulty in maintaining vehicle speed and in estimating distances
- Longer time needed to react, slower reflexes and unsure driving
- Likelihood of not being able to cope with the unexpected



LSD MESCALINE MAGIC MUSHROOMS KETAMINE

- Hallucinations
- Problems with coordination
- Loss of sense of reality
- Blurred vision
- Diminished psychomotor and cognitive skills

MEDICATION AND DRIVING

Some medications, whether prescribed by a doctor or available over the counter, may alter driving capabilities by causing problems with vigilance, attention, vision, behaviour or by disrupting the sense of balance. These types of medication may alter driving capabilities⁴:

- Neuroleptics
- Sedatives
- Antiparkinsonians
- · Cold and cough medication
- Anxiolytics
- Anti-epileptics
- Systemic antihistamines

- Hypnotics
- Analgesics
- Medication for diabetes
- Ophthalmic medication
- Antidepressants
- Anesthetics
- · Antiemetics and antinauseants

Ask your health care professional (doctor, pharmacist) about the effects of medication you might take before driving and always read the indications on the container, whether the medication is prescribed by a doctor or available over the counter.

Agence française de sécurité sanitaire des produits de santé (Afssaps), Mise au point: Médicaments et conduite automobile, September 2005.

WHEN YOU'RE UNDER THE INFLUENCE, DON'T DRIVE!

Some solutions:

- Don't use drugs or alcohol when you have to drive.
- If you are going out in a group, choose a designated driver.
- Take a taxi or public transit.
- Use a drive home service.
- · Call a friend or family member to come and pick you up.
- Stay the night where you are.

We are all responsible for our conduct on the road.

TO REACH US, CALL:

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Québec (city and vicinity): 418 643-7620 Montréal: 514 873-7620 Elsewhere in Québec, Canada, USA: 1 800 361-7620, toll-free. www.saaq.gouv.qc.ca





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