



VITALS

For Medical Transport Professionals

A Weekly Safety Newsletter

The National Center For Injury and Prevention Control Promulgates The Following:

- In 2005, 16,885 Americans died in alcohol related MVAs
- In 2005, 1.4 million drivers were arrested for DUI
- Alcohol related crashes kill every 31 minutes and injure every 2 minutes
- More than half of the kids 14 and under who died in alcohol related MVAs were riding with the drunk driver in 2005
- 48 kids under 14 were killed as pedestrians or cyclists by drunks in 2005

The April 2007 Wellness Monthly published by United Behavioral Health described the effects of alcohol on the body in an article entitled "None for the Road". The following myths were debunked.

Alcohol Gives You Energy.

Alcohol is really a depressant that slows thinking, speech and motor skills.

Everybody Reacts The Same To Alcohol

Nope. Body weight, fat distribution, body chemistry, time of day, mood and others create a great deal of variation in how people respond.

A Cold Shower Or A Cup Of Coffee Will Sober Someone Up

Time is the only soberer. Most folks metabolize booze or beer at the rate of about one drink per hour.



Beer Is Not As Intoxicating As Hard Liquor

Twelve ounces of beer or a shot of hard liquor contain the same amount of alcohol. While equally intoxicating, there is great variability in individual response.

Light Drinking Doesn't Affect Driving Ability

Even small amounts of alcohol slow down reaction time and affects judgment.

Only A Certain Type Of Person Becomes An Alcoholic

Alcoholism is found in all ages, social, economic and ethnic groups.

Drinking Is Not As Harmful As Using Illegal Drugs

Alcohol is legal and is more socially acceptable than illegal drugs. Nevertheless, alcohol is a drug and can be abused to the point of physiological and psychological addiction.

Eating Before Drinking Will Keep A Person From Getting Drunk

Food may slow down absorption, but it does not magically keep alcohol out of your bloodstream.



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