

# Don't be an IMPAIRED driver

*Kansas impaired drivers were involved in 18,500 crashes in the year 2000. They cost the public an estimated 900 million dollars.<sup>1</sup>*



**Don't drink and drive.** Alcohol-related crashes kill someone every 31 minutes and injure someone every 2 minutes.<sup>2</sup>

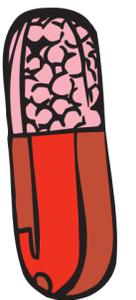
**Pull off the road!** In one study, cell phone using drivers missed twice as many simulated traffic signals than when they were not on the phone.<sup>3</sup>



**Get a good night's sleep.** Eight out of 10 traffic accidents involve distracted or drowsy drivers.<sup>4</sup> Get enough rest. And make driving your only task when behind the wheel.

## Know the side effects of medication(s).

Drugs—legal and illegal—can interact and cause drivers to be unable to drive as well as they normally would. Learn to recognize side effects. And if the drug you have been taking is illegal, don't use it.<sup>5</sup>



## Know your challenges as an older driver.

Vision, hearing, and reaction-time all decline with age. Older drivers are more likely to be involved in a crash for every mile they drive than almost any other age group. Learn about increased driving risk as you age, and make appropriate accommodations.<sup>6</sup>

*Impaired driving is not just another traffic offense; it is a serious crime that often causes deaths and injuries.<sup>7</sup> Don't drive when impaired.*

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