

# Chapter 13 A Need For Safety



**Sections 13.1 & 13.2 (pgs. 234 - 242)**

## Analyzing the Danger

*"Safety is something that happens between your ears, not something you hold in your hands."*



*- Jeff Cooper*

In Canada, you are:

- 50 times more likely to die in a road collision than you are to die in an airplane mishap.
- 5 times more likely to die in a traffic accident than to be murdered
- more than 60 times more likely to be injured in an automobile collision than to die in one



*Nearly all injuries and deaths that occur on Canada's roads each year are PREVENTABLE!!!*

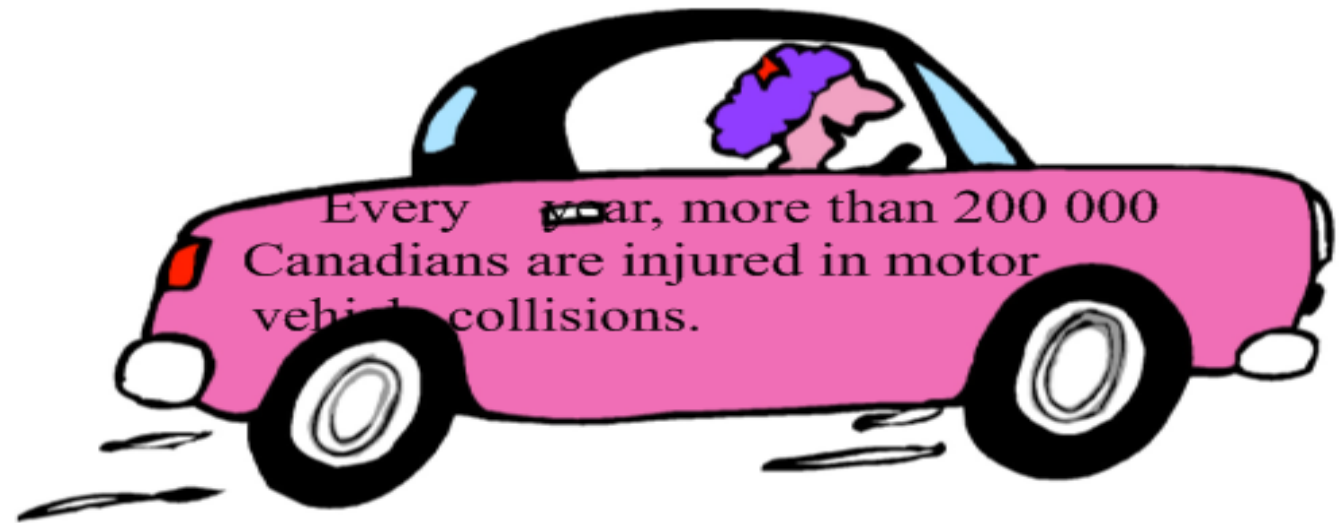
*More vehicle collisions happen on Friday than on any other day of the week.*

*Why???*

- party more on Friday (alcohol + drugs)
- rush to get home
- heavy traffic
- going away for the weekend
- less focused
- more tired

# Injuries

- cuts and bruises
- broken bones
- whiplash
- serious burns
- internal injuries
- head & spinal injuries  
(leading to blindness, paralysis, or brain damage)



**Cost of each of these: pain & suffering**

## Reaction Time

### **Reaction Time:**

time it takes to recognize a problem & act on it

*<Figure 13.2 pg. 237>*

*What could happen to the second car if one of the horses bolts and runs across the road in front of the first car?*

*What other factors could influence this?*

**Distraction:** anything that takes your attention away from what you are supposed to be doing

*Can you control distractions OUTSIDE your vehicle?* NO

*Can you control distractions INSIDE your vehicle?*  
YES

*Examples of controllable distractions:*

- cell phone
- eating (actions)
- pets
- people
- radio/music

## Things that Effect Reaction Times

### A. Fatigue

15% of drivers say they have actually fallen asleep while driving!

Sleepy drivers cannot pay enough attention to the road and traffic demands.

Exhibit similar traits to drunk drivers. They may:

- run off the road
- roll their vehicle into a ditch
- cross the centre line and drive into oncoming traffic

- Stimulant:** - increase heart rate and speed up reaction time
- when it wears off, the user is more tired than before (and even slower reaction time)
- ex) coffee



*Sleep is the ONLY cure! Pull over and take a nap.*

## **B. Drugs**

**Impaired:** unable to function normally  
(many causes including alcohol, prescription drugs,  
and non-prescription drugs)

Alcohol is absorbed from the stomach and intestine straight into  
the bloodstream.

Any alcohol that the liver can not deal with (more than one drink)  
moves through the blood and has toxic effects.

**Depressant:** slows reaction time, lowers coordination, and  
makes the drinker sleepy when  
it reaches the brain tissue.





### C. Blood Alcohol

#### **Blood Alcohol Concentration (BAC):**

number of milligrams of alcohol in a millilitre of blood

Ex) if a person's BAC = 0.04 this means that 0.04 mg of alcohol is in each mL of the person's blood

An individual's BAC depends upon the number of drinks consumed AND body weight.

**1 drink = 45 mL hard liquor (40%)  
= 150 mL of wine (11 %)  
= 350 mL of beer (4 %)**



How much a person can drink depends on body weight, amount of food consumed, amount of sleep, and the rate at which they drink.

### The Law

- BAC level = 0.04 is *generally* the legal limit
- a police officer can charge drivers who have ANY alcohol level with **impaired driving**
- **impaired driving:**  
reactions are slower than normal (can include traits such as slurred or slow speech and being unable to walk in a straight line)



Read Sec 13.1 & 13.2

CYU (p 236) #1-4

(p 242) #1-6

Module 4 Assign #1 (half way)

Ch 13 vocab (half)