

## EFFECTS OF ALCOHOL ON DRIVING

ALCOHOL + DRIVING >> GREATER RISK OF ACCIDENT



Driving is a complex activity that **requires the participation of cognitive and motor processes.**

**Vision** is the **most important sense when driving**; it gives us 90 percent of traffic information.

**Alcohol** affects vision and **increases the risk of having an accident.**



### REDUCES

Visual acuity and field of vision.



### DOUBLE VISION

Can cause this phenomenon.



### DISTANCES

Causes errors when calculating distances.

**EVEN AFTER JUST ONE DRINK, BRAKING DISTANCE IS INCREASED**



\* 0.15 mg/L is the limit in Spain for new and professional drivers, equivalent to a can of beer (330 ml). For all other drivers, the limit is 0.25mg/L.

Source: "Effects of alcohol on the driving of motor vehicles, within current laws and regulations, with special focus on the visual system", Dr. A. Nuria Guisández Jiménez. Department of Toxicology and Health Legislation. Legal Medicine Department of the Complutense University of Madrid.