

LOGISTICS

Focus



SAFETY FIRST: Road Safety Campaign January 2019

All Royal Mail Drivers have a responsibility to drive safely and minimise risk to themselves and the public. As part of business-wide focus on road safety, we are sharing a series of Road Safety messages with drivers in Logistics; the next is 14 January 2019, on **Alcohol and Drugs while Driving**.



Background and Context

This Road Safety Campaign we're raising awareness of the serious impairing effects of alcohol and drugs on drivers, covering the morning after affects, amounts of alcohol guidance and effects of drugs (including over the counter).

Early morning drivers are especially vulnerable to being over the legal limits the morning after, risking collisions and their own safety and that of other road users and pedestrians e.g. injuries to themselves, colleagues or members of the public.

Avoid it! - Morning After Effects

Don't drink the night before an early start.

Many drink drivers are caught the morning after they have been drinking. As it takes several hours for alcohol to disappear from the body, someone who was drinking late the previous evening, could easily still be over the limit on their way to work the next morning.

Many people drive vehicles the morning after they have consumed alcohol, believing that they are perfectly capable of driving in a safe and legal manner but this is not always the case.

Know it! – Guidance on amounts of Alcohol

The same amount of alcohol is absorbed differently into the bloodstream person by person – which can be affected by any of the following: -

- a person's size
- age
- weight
- gender
- what you have eaten

If a driver is found to be over the drink-drive limit, and/or driving while impaired by alcohol, they can receive a

- **maximum penalty of six months in prison, an unlimited fine and an automatic driving ban of at least one year.**

If a driver kills someone while under the influence of alcohol, they can be charged with causing death by careless driving while under the influence of drink or drugs it carries

- **maximum penalty of 14 years in prison and an unlimited fine.**

Check it! – Drugs (including over the counter)

Never drive if you've taken illegal drugs; Royal Mail has a zero-tolerance policy on drugs abuse.

Many prescription and over-the-counter medications impair ability to drive safely, for instance causing drowsiness, affecting reaction times, coordination, concentration or vision. These include some hay fever treatments, decongestants and cough medicines. If you're unsure seek advice from either your G.P. Surgery or a Pharmacist.

A new drug drive law came into force in England and Wales in March 2015 and made it an offence to drive, attempt to drive, or be in charge of a motor vehicle with certain drugs in the body above a specified limit. This applies to illegal drugs, prescribed medicines and over-the-counter medicines.

If you are having problems with alcohol or drugs, speak to your manager or you can ring the Feeling First Class helpline 0800 6888 777. Counselling including referral to external sources for support is available through this service.

