

Attention: Types of Impairment (Alcohol) Name _____

Questions after section 1

1. Alcohol is involved in about _____% of all fatal crashes
2. True or False: Alcohol is the # 2 killer of teenagers and young people as a result of vehicle crashes; and teenagers and young adults cause most of the alcohol related fatalities. _____ (but, second part of statement is true)
3. Young people are involved in most alcohol related collisions because they are both inexperienced _____ and inexperienced _____.
4. Many teens are also susceptible to peer _____.
5. Many teens also drive at high-risk times, at night and on the weekends. They also have a tendency to drive _____.
6. True or False: Statistically, most alcohol related fatalities occur after midnight on weekends and at holiday periods. _____
7. Females are three times more likely to be involved in alcohol related crashes than males. _____
8. When males drink, they are usually more aggressive drivers. _____
9. True or False: If we do not take proper precautions, we increase the possibility of becoming a victim of an alcohol related crash. _____
10. After what age, do alcohol-related crashes start declining? _____

Questions after section 2

1. Soon after alcohol is consumed, it begins to enter the _____ through the stomach wall lining and intestines.
2. True or False: Lighter individuals will become intoxicated with less alcohol consumed than heavier people. _____
3. As alcohol enters the cerebrum it begins to slow down the brain's ability to think and reason. This means drivers generally take _____ to decide what to do. (SIPDE)

4. Also in the cerebrum, the alcohol impairs a person's better _____. They tend to take risky chances.
5. When the alcohol reaches the Brain Stem, the euphoria intensifies which often releases a person's _____ which can result in behaviors they usually refrain from.
6. True or False: These stronger emotions released by the effect of alcohol, can adversely affect ones driving. _____
7. As alcohol moves into the lower part of the brain, (Cerebellum) it begins to affect the _____ coordination.
8. The large muscles like the _____ are first affected; then, smaller muscles like those that focus the _____ are affected, causing the drivers vision to be greatly impaired.
9. True or False: Knowing these progressive effects are important because we may think we are okay, but the alcohol may soon be affecting our coordination and vision...making us even more dangerous. _____
10. All the physical and mental abilities are affected if a person continues to _____
11. True or False: If you drink too much it is possible to overdose on alcohol and even die. _____
12. If at a party, a friend is taking large gulps from a whiskey bottle you should try to _____
13. It takes the body (liver) at least _____ to eliminate the alcohol from the body for each drink consumed.
14. True or False: If after drinking, if you get some good exercise or strong coffee, it will reduce the time it takes to sober up. _____
15. True or False: Eating a heavy meal before consuming alcohol, will absorb most of it, minimizing its effects. _____

Questions after section 3

1. 340 ml. of beer, 170 ml. of wine, and a shot glass of whiskey, vodka, rum, etc. all contain about the _____ amount of alcohol.
2. True or False: A BAC of .4 -.5 can cause death. _____
3. The DUI level in most provinces for people 21 years and older is: _____
4. Teenagers who consume 3-4 drinks are _____ more likely to be involved in a alcohol related fatality.
5. Courts are increasingly sentencing DUI offenders to _____ if their crime results in serious injury or fatality.
6. Zero tolerance for drivers under the age of 21 means they cannot drive with any amount of _____ or illegal drugs.
7. Marijuana is a powerful _____ drug that quickly effects the brain, with _____ being the main active ingredient.
8. Distorted perception, slowed reaction time, and loss of side vision are common effects of THC upon the brain. These are examples of _____.
9. True or False: Medical findings so far, have shown that smoking marijuana may play a role in various types of cancer. _____
10. Smoking marijuana can have lingering effects upon drivers...some effects even lasting up to _____ after using.
11. True or False: The alcoholic causes most of the alcohol-related fatalities on roads and highways today. _____
12. Drinking alcohol and using marijuana will _____ the risk of collision.
13. Penalties for driving under the influence of marijuana and other drugs are similar to that of _____.

14. True or False: Mixing alcohol or marijuana with any other drugs including medications can be very dangerous. _____
15. True or False: It's a free country...how much a person drinks before driving should be their own decision. _____
16. True or False: There is a myth that doing Ecstasy once in a while will not hurt you. _____
17. Getting high on Ecstasy can lead you to do things you normally wouldn't such as risky unprotected sex or taking other unwise chances _____.
18. MDMA (Ecstasy) can cause a dangerous increase in _____ that can lead to kidney failure.
19. Driving on Ecstasy is dangerous because it can make you feel _____ even though your judgment and coordination are impaired and you might feel as if you're okay to drive.
20. Ecstasy is psychologically addicting and the most common withdrawal of this drug is _____.

Questions after Driving Distractions

1. It is estimated that driver distraction is the cause in at least _____% of vehicle crashes.
2. True or False: A distraction is anything that draws the mind away in another direction.
3. The 3 types of distractions are: those outside the vehicle, inside the vehicle, and those inside our _____.
4. True or False: Different things distract different people. Driving distractions in your life will probably change as you get older.
5. Seeing people along the roadway is often a major distraction. Taking your eyes off the driving task could lead to a law violation or worse, a _____.
6. Distractions that are especially dangerous with young drivers is seeing their _____ and wanting to be noticed by them.

7. True or False: Concerning roadside advertisements, if the traffic scene is not demanding, (no potential hazards ahead) it may be safe to briefly glance at them.
8. In busy urban areas, roadside advertisements can definitely distract you. In these situations it's best to keep your _____ on the road and your _____ on your driving.
9. Traffic jams and accidents present another type of distraction. Because you are moving more slowly your level of concentration may decrease. Compensate for this by keeping a greater _____ distance from the vehicle in front of you.
10. What should you do if you want to enjoy a beautiful sunset or breath-taking scene as you are driving? _____.
11. Listening to very loud music can reduce your ability to _____ on the driving task as well as distract other drivers hearing the excessive volume.
12. It is _____ times more likely you'll get into collision inserting a CD than just looking at the speedometer or fuel gauge. Don't attempt to do this while the car is _____.
13. Eating food and drinking beverages is often both a mechanical and a _____ distraction. At higher speeds, looking away from the road to get your drink can cause the car to significantly _____.
14. Reading a map or newspaper while driving is very dangerous because even a one second delay in seeing a hazard ahead could result in a _____.
15. If you have onboard navigation it's best to have a passenger study it or if driving by yourself it is safest to _____.
16. Some research has concluded that drivers are _____ times more likely to have a collision while using cellular phones.
17. Listening to the radio is usually a passive background noise we get use to...but talking on a cell phone requires an _____ participation reducing our concentration on the driving task.
18. If the cell phone rings in a demanding driving situation, it's best to allow the _____ to take the call. You can then call back later.
19. True or False: Never dial the phone or take notes while driving. If you must answer a call, tell the caller you are driving. Keep the conversation brief or suspend it until you can pull over.

20. As the driver, you are in charge. Tell distracting passengers to stop what they are doing or you will _____.
21. True or False: The number one distraction for parents is children. Being prepared ahead of time with something to occupy their attention will minimize distractions.
22. If something falls on the floor while driving _____ reach down and attempt to pick it up.
23. Dashboard distractions can also cause problems. It's best not to glance down at the dashboard for more than _____ second.
24. True or False: An exciting sporting event on the radio can be a driving distraction.
25. One more time... Be careful to keep your _____ on the road, your _____ on the wheel, and your _____ on your driving!
26. Fatigue is a physical or mental weariness. The best prevention is to get adequate _____ and do not drive long _____.

Questions after completion of lesson:

27. Our visibility goal in driving is _____ degrees.
28. To compensate for blind spots be sure to _____ whenever you lane change.
29. Your side vision is also known as _____. This vision is less distinct than your central vision. It helps keep the vehicle centered in the lane and detects hazards from the sides.
30. If you have to swerve to avoid a collision with a box that fell out of the vehicle ahead of you, most of the time you would swerve to the _____.
31. True or False: Studies have shown that impatient drivers who speed, tailgate or frequently lane change get to their destinations sooner. _____
32. What should you do if you see an aggressive driver? _____