

40. Fit state to drive?

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Most people agree that alcohol and driving do not mix, the same goes for drugs (including some prescription and 'over the counter' medicines).

With drivers, cyclists and pedestrians killed and injured every week in accidents where alcohol or drugs have been a factor, the least of your worries as a drink-driver is a large fine, possible prison sentence, a long driving ban and criminal record. To put it bluntly - you could be killed or kill someone else.

Driving unfit wrecks lives

It's not just the lives of the innocent victims and their families and friends that are wrecked... Can you imagine how it might feel to be the driver who killed a mother and toddler; the driver who put a young athlete in a wheelchair for life; the driver who wiped out a whole family?

Drunk and drugged drivers don't maim and kill people on purpose, but it's not an accident either! As a driver you must accept that you have a responsibility towards everyone else on the road, and of course, to yourself and your family.

It isn't only drinking and driving that wrecks lives, drivers who are simply tired, perhaps after a long night out, or feeling ill with a cold or flu bug have accidents because they are not in a fit physical state to maintain control and concentration. Other drivers involved in fatal accidents lose control because of a moment's anger - road-rage. Road-rage can be triggered by a moment's loss of concentration while a driver is thinking about someone else's actions rather than his or her own.

Sooner or later you will be faced with drivers who cut in front of you, slow you up, overtake on the left, swear at you whether or not you have made a mistake, and who indulge in other anti-social behaviour.

Often, however, the person committing the road rage is acting totally out of character. Some drivers describe the 'red mist' which clouds their judgement. They get so angry they only concentrate on getting even with another driver. Sadly, drivers can all too easily be killed or injured when at the wheel in this state.

Remember, some people out there are just plain stupid, it's nothing personal, they don't even know you! Stay cool... Just let it go...



Lesson Notes:

