

Road Safety Education and Campaign Project

Road Safety Education and Campaigning project is one of the projects under EU funded Traffic Safety Improvements programme implemented as a mechanism to ensure a series of precautions are taken to improve the road safety conditions . The overall objective of this project is to contribute to the road safety studies by helping the community understand the factors that cause road accidents and to raise awareness on this issue.

The services in the context of this project:
In accordance with the results of the communication strategy and training needs analysis conducted within this project,

- * To disseminate information about the factors causing traffic accidents,
- * To provide an understanding of the traffic rules to reduce these accidents,
- * To contribute to the capacity building of stakeholders via training programmes to implement targeted and efficient campaigns on traffic safety enhancement.

The project is being implemented in cooperation with the Traffic and Transportation Services Commission and its Sub-Committee on Education, Research and Awareness. In addition, media sector, many public, private and civil society organisations are among the stakeholders of the project.

During project period we will be meeting you with brochures, posters, radio spots, TV programmes. You are invited to follow us from the web-site below, the social media networks and even to participate as a volunteer.

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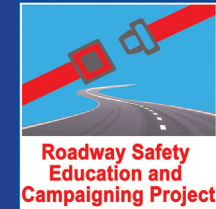
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For safety in traffic please “promise” and do not take the driver seat considering everybody’s safety.



Alcohol is a Serious Threat for Driving Safety



“EU works for you”



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Alcohol and Driving Safety

Small or large amount of alcohol - doesn't matter: it dilutes your concentration on road!

Scientific studies on the effects of alcohol on driver capabilities led to the prohibition of driving under the influence of alcohol everywhere in the world. Drunk driving penalties may go up to the cancellation of driver's license.

Driving under the influence of alcohol is one of the major reasons for road accidents. The driver does not need to be fully drunk. Even after a little amount of alcohol reactions slow down and the risk of accident increases.

Analysis of the factors that caused traffic accidents since 2002 indicates that 4 to 7 per cent of accidents are due to driving under the influence of alcohol. (Source: Accident Data Base of the Police)

Level of alcohol and safe driving

Scientifically there is no safe level of alcohol for driving. The legal alcohol limits are set considering medical, psychological and social aspects of the issue and accepting certain risks. In other words, if you drive with alcohol level below the legal limit, you save yourself from traffic penalties, but this does not mean the vital risks are eliminated.

The effects of alcohol may vary depending on several factors, such as driver's age, gender, driving experience. However, such variations are not large enough to talk about safe driving for anyone with alcohol.

On the other side researches indicate 0.2 per mille (20 mg alcohol/ 10 ml blood) as the onset for the negative effects of alcohol on driving skills.

The following drinks are the maximum amounts to make the level of alcohol in your blood reach the legal limit, 0.5 per mille:

- * 80 cl light beer or
- * 50 cl beer or
- * 1 glass of wine or sparkling wine or
- * 50 ml gin or
- * 50 ml whisky with 50 per cent alcohol or
- * 1 double raki or
- * 60 ml whisky or vodka with 40 per cent alcohol.

Below table summarises the visible effects of alcohol:

MEASUREMENT VALUE	EFFECTS of ALCOHOL
0.2 per mille	Changes in mood, a slight increase in body temperature, change of behaviour with reduction of control.
0.5 per mille	A remarkable relaxation, decrease in attention, decrease in coordination and evaluation ability.
0.8 per mille	A significant deterioration in the ability of perception and evaluation, increased reaction time, decreased self-control skills.
1 per mille	Symptoms of drunkenness, likely embarrassing behaviour, changing moods between happiness and sadness.
1.5 per mille	Difficulty in standing, walking or speaking, loss of balance and significant drunkenness.
2 per mille	Reduction of pain and other physical sensations, obvious emotional instability such as crying and laughing back and forth.
3 per mille	Reduced reflexes, mental confusion, loss of consciousness for many people

According to statistics, whilst the traffic accidents caused by social drinkers, people who consume light alcoholic drinks in social events, constitute 60 per cent of the traffic accidents occurred due to drunk driving, the accidents in which alcohol addicts were involved remain to be 40 per cent.



Will you spend a nice evening and get some alcohol? Do not take your car and make your plans with alternative means. A practical solution always exists.

If you go out very often at night, one of your friends may take responsibility, does not get alcohol and drives the others to the places they live. If this is difficult, you may ask your mother, your father, your spouse or similar to come over and pick you up.

If none of these fits you, using a taxi is the best solution. Save the number of a taxi station or a driver to your mobile phone. Call 10 minutes before leaving the entertainment place. They will either come and pick you up or send another taxi driver closer to your location. Alternatively you may ask the bar or restaurant to call a taxi for you.