

## Cont....

- Surely, it's much more 'cool' making your way safely back home!

- If there are three warped versions of your best friend Mike- please do not drive! If any friend can drive (and is sober), do get a lift. If there really are no cars available, do get a taxi back home (therefore leave some cash available!).

- Likewise don't ride with someone who is drunk. Vice-versa, do not endanger your friends' lives- be considerate.

- Finally, remember that every single accident caused by a drunk driver is totally preventable- so please do prevent it !!!

***Well, after all it's just for your own safety, and no...we are no lifeless souls! We love life the same way you do!!!***



Drive safely

Gasamamo Insurance Agency Ltd.  
Msida Rd, Gzira  
Tel: 21 345 123

Here are some useful telephone numbers:

### **Sedqa**

Alcohol Community Team	21 421 814
Detox Outpatient	21 255 096
Drugs Community Team	21 487 697
Family Team	21 421 193
Primary Prevention Team	21 244 226
Secondary Prevention Team	21 441 215
Head Office	21 441 014

### **Other Agencies**

Alcoholics Anonymous	21 239 264
Appogg	21 226 066
Caritas (Malta)	21 245 358
Gamblers Anonymous	21 233 933
Health Promotion Dept.	21 245 524
Narcotics Anonymous	21 246 478
OASI - Gozo	21 563 333

### **Sedqa Helpline 151**

Agenzija *sedqa*  
3, Braille Street, Santa Venera, HMR11

[www.sedqa.org.mt](http://www.sedqa.org.mt)  
E-mail: [sedqa@sedqa.org.mt](mailto:sedqa@sedqa.org.mt)

# drive



## Safe Driving Tips



In collaboration with



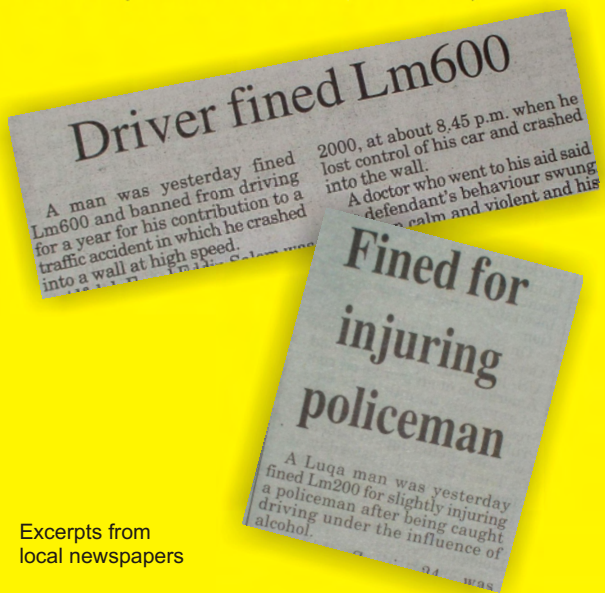
Gasamamo Insurance  
AGENCY LIMITED

- Driving involves many tasks we too often take for granted.
- Being alert is the trick and driving depends on being able to take immediate decisions.
- Approximately half of traffic injuries involve alcohol, and about one-third of fatally injured passengers and pedestrians have elevated blood alcohol levels.

Transport Research Laboratory - UK 2000

## Some Facts & Figures

- An estimated half a million people a year are killed worldwide as victims of a road accident. Of these, around 45,000 are killed on EU roads, while 1.6 million people are injured yearly in the EU. And most of these would just be innocent pedestrians. (Transport Research Laboratory, UK 2000)
- Malta features at the top of the European charts with respect to the rate of youth consumption of alcohol. (ESPAD '99)



Excerpts from local newspapers

## Blood Alcohol Concentration (BAC)

- When the blood alcohol concentration (BAC) level is high, risks include impairment in:
  - Eye movement
  - Visual perception (especially during the night)
  - Reaction time in executing tasks such as steering, braking and changing lanes.
  - Judgment to adjust to changing road conditions is jeopardised.

## What else?

Here are a couple of facts you need to know:

- Medicine, Alcohol and other Drugs do not mix: sedatives and tranquillisers alone can impair driving skills. Combining them or other certain medications with alcohol or other drugs increases chances of a black out.
- Fatigue: Remember that the dangers posed when tired are similar to those when intoxicated.
- Mobile phones: Focus on your driving!! The little one can wait- at least until you've pulled aside to a safe parking place. Well, it is illegal after all!



Drive safely

## So here are some tips to make your way back home in one piece:

- Do not drink and drive. Drinking on an empty stomach will get you drunk much faster and handling your vehicle can be very risky!
- Buckle up. This 5-Second job can really prevent a trip to the emergency room or well...to the morgue.
- Driving is fun, but it is still a skill that has to be applied with responsibility. Passing the driving test is not the end of the learning curve- it really is just the beginning.
- Drive like you own the car, not the road. Be considerate and remember... those indicators are not a decoration!!!
- Spotting and responding to problems ahead in plenty of time will prevent you having an accident.

