

DRIVING STRAIGHT

Why Diesel and Drugs Don't Mix

If you are a professional driver, you have to take a firm stand against drugs. The stakes are too high. Drivers who use drugs can lose their job, their licenses and even their lives.

A Grave Danger

There are good reasons why the industry, and the law, has come to take such a hard line on drugs. Drugs change your mood, perception, reaction or state of consciousness. They either speed up or slow down your central nervous system. They seriously affect your driving ability and your health in general. Hallucinogens will alter your perceptions.

That is why driving under the influence of drugs is illegal. The Federal Motor Carrier Safety Regulations strictly prohibit it, as do state laws, and the consequences of being found with drugs are serious. A drugged driver can be the greatest danger on the roads today.

Legal Drugs

Even drugs, which are prescribed by your doctor, or those, which you can buy over the counter, can cause problems. Antihistamines, for instance, can cause drowsiness and impair responses.

Tranquilizers can cloud your judgment, as well as impair

your hand-to-eye coordination and slow down your reflexes.

Anti-depressants and diet pills which act as stimulants may produce a short-term alertness. They also cause loss of concentration, dizziness and visual problems. Painkillers can cause drowsiness.

Even if you have a legal prescription for these drugs, you should know what their side effects will be. Read the labels carefully. If the side effects can impair your driving, you face a choice; either do not take them or do not drive.

Bad Combinations

Drugs and alcohol are a killing combination. Even a prescribed drug can become dangerous in combination with alcohol because a chemical process which multiplies the effects of both substances.

The combination can kill you even if you are not driving. If you are driving, it can cause you to cause an accident, which kills you along with others on the road.

Just a Little Pot?

Absolutely not! Some people do not think it is dangerous but they are wrong. Marijuana is a mild hallucinogenic, which acts as a stimulant or a depressant, depending on your mood when you smoke it.

Drivers who smoke pot often grown drowsy and have trouble

judging time and space. If you use it too much, it will cause extreme anxiety, paranoia and a distorted sense of time.

Stay Drug Free

You should make it a hard and fast rule never to take illegal drugs anytime, anywhere. If you are taking prescription drugs, make sure you know what the side effects are.

To be a safe driver, you must have good judgment, common sense, a clear head to make fast decisions and fast reaction time. Drugs impair all the qualities you need to make you a professional. Do not use them.



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