## ARE YOU IMPAIRED?

## Alcohol & Cannabis | ZERO IS THE SAFE CHOICE



## **ACUTE IMPAIRING EFFECTS OF CANNABIS ON DRIVING SKILLS**



**Reduced attention** span / awareness<sup>1</sup>

Memory issues<sup>2</sup>

**Disorientation / paranoia** affecting situational awareness<sup>3</sup>

**Greater** headways / slower speed<sup>4</sup>

**Inconsistent** speed / slowed thinking<sup>5,9</sup>

**Declines in visual function** & blurred vision<sup>6</sup>

Slower reaction time & reduced coordination<sup>7</sup>

Difficulty staying in lane<sup>8</sup>

**Loss of auditory** information processing9

**Inability to** gauge impairment<sup>10</sup>

Risk-acceptance / risk-taking<sup>11,12</sup>

Aggressive driving<sup>13</sup>



## **ACUTE IMPAIRING EFFECTS OF ALCOHOL ON DRIVING SKILLS**

NOT ALL DRUGS HAVE THE SAME IMPAIRING EFFECTS. COMBINING THEM CAN INCREASE YOUR RISK.

Project: tirf.ca/projects/idcc | Learn more: sobersmartdriving.tirf.ca

- <sup>1 & 11</sup> Broyd et al. (2016)
- <sup>2</sup> Dellazizzo et al. (2021)
- <sup>3</sup> Englund et al. (2013)
- <sup>4</sup> Compton (2017)
- <sup>5</sup> Starkey and Charlton (2017)
- <sup>6</sup> Ortiz-Peregrina et al. (2022)
- <sup>7</sup> Compton (2017), Bourque & Potvin (2021) 13 Lyon & Robertson (2020)
- 8 & 10 Sewell et al., (2009)
- <sup>9</sup>Upile et al. 2007 and NHTSA 2021
- <sup>12</sup> Brevers et al. (2014)

