

IF YOU'RE HIGH - DON'T DRIVE!



Problems with using Pot

When pot is smoked, a person can feel the effects within a few minutes and the high from the drug can last up to four hours. The tar and other toxic substances found in marijuana, exposes the user's lungs to many of the same risks as cigarette smokers. Pot smoked alone, delivers 50% more tar than cigarettes and as a result, can cause even more damage to the lungs than a regular cigarette. Health risks from heavy pot use may result in physical reliance to the drug.

While pot may be appealing, any drug that impairs brain functions is dangerous when operating power equipment or a motorized vehicle. Many researchers view pot as a "gateway drug" to more powerful and harmful drugs.



Pot and driving

Placing the driver and others at risk

As a driver, you take responsibility for the safety of not only yourself, but also others who are in your vehicle and on the road. To safely operate a motor vehicle, the full attention of the driver is needed to adjust to different traffic, road and weather conditions.

Any drug that affects brain functions is impairment and can significantly reduce a driver's ability to safely operate any motor vehicle. Pot impairs driving ability.

As a driver

In the past year in Manitoba, about one in five males and one in seven females in high school and over the age of 16 drove after smoking pot.

Pot affects the way our brain processes information and can inhibit your ability to drive safely in a number of ways:

- Slows driver reaction time
- Distorts perceptions of time and distance
- Reduces attention span
- Impairs judgement
- Diminishes ability to perform complex motor tasks
- Alters mood with loss of inhibitions and a general feeling of well being
- Decrease alertness and increase drowsiness

Any combination of alcohol, pot use and driving when drowsy is definitely a dangerous mix! Pot is often found in the bodies of fatally injured drinking drivers involved in collisions. Fatigue can be a contributing factor in these types of collisions.

As a Passenger

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By grade 12, almost one half of Manitoba high school students surveyed had ridden in a vehicle driven by impaired driver who had been smoking marijuana.



Recognize the danger and never accept a ride with a driver who is “high!” A pot-impaired driver places themselves and others at risk.

Look for some of these warning signs:

- Distinct smell of marijuana smoke on the breath and clothing
- Very relaxed or drowsy expression on the face
- Sore red eyes
- Unbalanced movement
- Incoherent manner
- Unusual displays of euphoria

Although they may insist on driving, true friends don't let friends drive impaired! Look for some way to stop them from getting behind the wheel.

What are the impaired driving laws?

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In Canada driving while impaired by alcohol or drugs is a crime!

Many people believe that the penalties for drug impaired driving are less serious than alcohol impaired driving – unfortunately this belief is incorrect, because the penalties for alcohol and/or drug impairment are the same. This means that a driver can be arrested for driving impaired by either alcohol or drugs.

In addition, many Canadian jurisdictions have begun to train police officers to recognize and arrest drug impaired drivers. So the risk of being caught is now greater!

Smoking pot and driving is harmful as drinking and driving. Why get burned?

