

Drugs - Their Main Signs and Symptoms

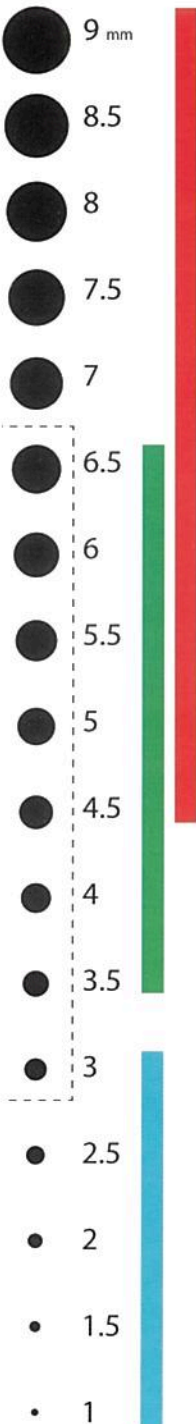
road safety matters

EDUCATING, INFORMING AND REDUCING CASUALTIES



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MAIN DRUG GROUPS	CANNABIS	STIMULANTS (Cocaine, Amphetamine, Ecstasy)	OPIATES (Heroin, Opium, Morphine, Codeine, Methadone)	DEPRESSANTS (Alcohol, GHB, Benzo-diazepines)	HALLUCINOGENS (LSD, Magic Mushrooms, Roots & Plants)	INHALENTS (Volatile Solvents, Aerosols, Paint, Nitrous Oxide)	DISSOCIATIVE ANAESTHETICS (Ketamine, PCP)
EFFECTS and Observations The signs and symptoms that you are most likely to see when these drugs are taken. Keep in mind there may be variations due to the individual dose, reaction and multi-drug or drug combined with alcohol.	Smell Dry mouth Poor coordination Slow reactions Poor balance Distorted time & distance perception Poor memory Whites of eyes reddish Affects ability to multi-task (driving)	Eyelid tremors Restlessness Anxiety Talkative Euphoria Easily irritated Grinding of teeth Fast internal clock Increased risk-taking Increased awareness (short term)	Drowsiness Droopy eyelids Slow reflexes Slow, quiet speech Facial itching Dry mouth Possible euphoria Needle marks Cold skin	Watery eyes Drowsiness Slurred speech Uncoordinated Slow, sluggish reactions Mood swings	Dazed appearance Uncoordinated Poor balance Distorted time & distance perception Nausea Hallucinations Confusion of the senses	Dizzy, light-headed Nausea Smell Blood-shot eyes Distorted time & distance perception Flushed/sweaty appearance Non-communicative Slurred speech Nitrous Oxide - presence of small metal cannisters	Blank stare Extremely hot Profuse sweating Increased pain threshold Sensory distortions Hallucinations May turn violent abruptly
PUPIL SIZE	Dilated/normal	Dilated	Constricted	Normal	Dilated	Normal/dilated	Normal
PULSE RATE	Up	Up	Down	Down	Up	Up	Up
BLOOD PRESSURE	Up	Up	Down	Down	Up	Up/Down	Up
BODY TEMP	Normal	Up	Down	Normal	Up	Up/down/normal	Up
TIME TO MAX. EFFECT	0-10 mins (smoked)	Immediate (snorted/injected)	Immediate (injected)	0-60 mins (Benzodiazepines)	30-90 mins (Ecstasy)	Immediate	5-15 mins. (Ketamine-snorted) 0-5 mins. (Ketamine-injected)
MAX. EFFECT LASTS FOR	2-3 hours	4-6 hours	4-6 hrs. (snorted) 1-2 hrs. (injected)	Up to 24 hours (Benzodiazepines)	3-4 hours (Ecstasy)	2-8 hrs. (aerosols) 5 mins. (Nitrous Oxide)	1 hour



Preliminary tests (s6 RTA 1988)

Preliminary Test	When	Where
Breath test Drug test Impairment test	<ul style="list-style-type: none"> Following a collision. After an offence Simply on suspicion 	<ul style="list-style-type: none"> Roadside or nearby Hospital (after collision) Police station (after collision)

Driving offences involving alcohol and drugs

Driving whilst unfit through drink/drugs or over the legal limit for drink/drugs:

Penalty: A minimum 12 month driving ban and upto £5000 fine.
Cause death by careless driving whilst unfit through drink/drugs:
Penalty: up to 14 years imprisonment.

Drivers may be unfit even when below the legal drink/drug limits.
 Drivers stopped for drink/drug driving may be referred to the D.V.L.A and prevented from holding a driving licence in the future. Any drink/drug driving ban may also involve travel restrictions to countries such as U.S.A and Australia.

Drug Drive Limits

Most common illegal drugs (impairing medicines in BOLD)	Limit (µg/L)	
	Blood	Saliva
Cannabis,	2	10
Cocaine	10	30
BZE,	50	
Amphetamine	250	
Methylamphetamine	10	
And MDMA	10	
Heroin	5	
Morphine	80	
Metadone	500	
Ketamine	20	
LSD	1	
Diazepam,	550	
Temazipam	1000	
Oxazepam	300	
Lorazepam	100	
Flunitrazepam	300	
Clonazepam	50	

SSA ROAD TRAFFIC ACT 1988 - Specified Drugs

DrugWipe 5S covers drugs in the Green Red and Blue zones.

Drink drive limits

England & Wales - Scotland		
35	22	BREATH micro grams of alcohol in 100mls of breath
80	50	BLOOD milli grams of alcohol in 100 millilitres of blood
107	67	URINE milli grams of alcohol in 100 millilitres of urine



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Fit to Drive?

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Think.....

Drink/Drug driving is one of the five main causes of road deaths in England and Wales along with, • Excess and inappropriate speed, • failing to wear a seat belt, • distraction, • fatigue.
 Key driving skills include: good eyesight, observation, reactions, concentration and coordination. All of these may be affected by even small amounts of alcohol and drugs or when you are tired or momentarily distracted by a text or phone call, hand-held or even hands-free.

Are you a drink driver?

Alcohol may remain in your body for several hours and can often still be present the next morning after sleeping. There are several factors that may affect the rate at which your body processes alcohol such as food consumption, weight, build, and rate of drinking. Coffee and cold showers do not make any difference. If you have had any alcohol, how do you know if you are fit and legal to drive?

Are you a drug user?

Almost everybody uses drugs which include medicines and some other legal and illegal substances. The 'drug drive' laws apply to anything that may affect your ability to drive.
 • Always read the instructions on prescribed medicines.
 • Taking alcohol and drugs together may significantly affect your driving ability.

"Do not operate machinery" means **DO NOT DRIVE**
 If in doubt, speak to your GP or pharmacist.

