

Drive the 5

- D**istracted free
- R**ested and alert
- I**mpairment free
- V**ehicle maintained
- E**nvironment aware

Learn more at MyNSightOnline.com/DriveThe5

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Alcohol

Clear-headed driving saves lives. When you're sober, your reactions are sharp, judgment is sound, and you protect yourself and others on the road.

1 Understanding alcohol:

- Alcohol is a **central nervous system depressant**.
- It **slows reaction times** and impairs judgment.
- Caffeinated drinks, water, or other remedies won't eliminate alcohol intoxication.

2 Pre-duty and on duty use:

- Avoid alcohol at least **four** hours before going on duty.
- **Zero alcohol concentration** while on duty.

3 No alcohol in your vehicle:

- **Never have alcohol** in your commercial motor vehicle (CMV) while on duty.

4 Alcohol concentration levels:

- Concentrations of **0.02 or greater but less than 0.04** lead to a **minimum 24-hour relief from duty**.
- **0.04 or higher** concentration is considered a **positive alcohol test**.
- This limit applies when **driving a CMV**, not a personal vehicle.

5 Consequences:

- **Treatment and additional testing** are required for a 0.04 level.
- If arrested, operating a CMV at this level can result in **suspension for one year**.