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3 February 2022

Our Ref: V4/22

**To: All Branches**

Dear Colleagues,

**RMG Driver/Road Safety Briefing/Communication W/C 07.02.22 - 'Drink and Drugs'**

## Introduction

The Royal Mail Group Road Safety Manager has informed the CWU/HQ Health, Safety and Environment Department that the RMG Safety Health and Environment Team will be issuing a national driver/road safety briefing/communication huddle week commencing Monday 7 February about 'Drink and Drugs' and this will be based on the attached SHE Huddle FY22 007 'Drink and Drugs' which will be supported by a slide on the RMTV screens throughout the business to support the road safety message to drivers.

## Background

Regrettably and quite shockingly, recent evidence suggests that drink/drug driving is on the increase, despite decades of public road safety campaigns highlighting the dangers and consequences – hence this campaign.

Roadside drink testing, backed up by severe court penalties and driving bans, plus campaigns highlighting accidents and injuries collectively built up the social unacceptability of drink driving. Roadside testing for drug driving was subsequently introduced to identify drivers impaired by drugs. Drink and Drugs sadly continues to be a problem on the roads with recent evidence suggesting an increase with the UK Police finding a sharp increase last year. Some facts:

- 8,000 killed or seriously injured by drivers impaired by drink or drugs.
- 24% of people killed were impaired by drink or drugs.
- 1 in 10 people driving for work, fail random drink and drug tests.

## Drugs and Alcohol Effects on Driving

Slows reaction times, impairs judgement, affects concentration, causes fatigue, leads to risk taking and erratic behaviour, causes confusion, muscle paralysis, hallucinations, agitation, panic attacks, memory impairment, blurred vision and drowsiness, slows reaction times, reduces coordination and the ability to think clearly – **Impairs ability to drive safely!**

**Impairment through drink or drugs means a driver and passengers are more likely to die or be seriously injured in a collision.**

### **Prosecution and Penalties**

Minimum 12 months' driving ban, unlimited fine, up to 6 months in prison, licence endorsed for 11 years and causing death by dangerous driving whilst under influence of drink or drugs results in up to 14 years in prison.

### **Other impacts:**

- May affect employment and employability.
- Increased car insurance costs.
- Difficulty obtaining Visa e.g., for travel to USA.

### **Morning After Effect**

Watch out for the morning after effect. Many drivers get caught out because alcohol stays in the system longer than most people think. Driving to work after a night's sleep thinking the alcohol has cleared when it hasn't!

### **Prescription and Over The Counter Drugs**

Drivers should take care with prescription or 'over the counter' drugs – check for any warnings that they may affect driving by causing drowsiness. If in any doubt, check with a doctor or pharmacist.

### **Supporting Information**

See supporting information on the Royal Mail screens and intranet. Royal Mail Group support is available to help anyone with a problem with alcohol or drug dependency. All support is treated in strict confidence. Employees themselves or their managers can make a referral to the occupational health service by calling 0345 266 5060 or visiting [www.rmgfirstclasssupport.co.uk](http://www.rmgfirstclasssupport.co.uk) or downloading the 'Lifeworks' App. New users of the website/App can sign up using a unique invitation code which is 'RMG-' and their pay number, e.g., RMG-12345678. Full guidance and signposting to external support services is available in the Alcohol and Drugs Guide via the health policy and information pages on PSP.

### **Managers Actions**

- 1) Managers to brief drivers on the SHE Huddle FY22 007 content attached.
- 2) Drivers to ensure that they drive in accordance with the Royal Mail Driving SSoW and the law.

### **ASR Action**

Would ASRs support the briefing and ensure it is delivered in all Units and cascade information.

### **Attachments:**

- RMG SHE Huddle FY22 007 Driver Distraction
- Road Safety Drinking & Driving Fact Sheet from RoSPA
- RMG Driving SSoW

Yours sincerely



**Dave Joyce**  
**National Health, Safety & Environment Officer**

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