# **Alcohol Highway Safety Program**

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# Course Outline - Basic Series/Level One

The classes are designed to teach you facts about alcohol and its effects - especially as they pertain to your ability to drive.

## **Session One**

Orientation and overview of entire program; history of alcohol use; fundamentals such as blood alcohol level (BAL), average drink, variables affecting BAL, elimination rate, alcohol and other drugs, congeners.

#### **Session Two**

Effects of alcohol and health & physiology; possible damage to organs, hormone and chemical imbalance, effects on central nervous system and vision. Popular untruths, or myths, are also explored.

# **Session Three**

Risks which can lead to abusive, dependent, and/or alcoholic drinking. Alcoholism-disease concept, physiology an Jellinek Chart are explained, normal and abnormal responses to alcohol are compared.

## **Session Four**

OUIL Law, arrest procedure, breathalyzer, Implied Consent Law, consequences of conviction, risks and consequences of a crash. Ideas of what you can do in the future are explored.

#### **Final Interview**

After you have completed all four class sessions, it is <u>your responsibility</u> to schedule your final interview by calling the office. Plan on the interview taking about 45 minutes to one hour. This is a general review, re-assessment, and wrap-up session one-on-one with an interviewer.

We hope you learn from and enjoy these classes. Our goal is to help you choose to make the roads safer for everyone. We hope your drinking and driving is all in the past and your future will be a safe and enjoyable one.