

DANGER IN EVERY STEP (DIES)[®] USER GUIDE

ALCOHOL IMPAIRMENT – STAIRS CHALLENGE

Introduction

The Fatal Vision[®] Goggles simulate alcohol impairment. When used with the DIES[®] Stairs Challenge, they highlight the potential consequences of impaired walking. Walking up and down a set of stairs is a common activity for most people. Alcohol impairment can make a simple activity become potentially dangerous due to missteps and a resulting fall.

Activity Purpose

The purpose of this activity is to demonstrate the potential dangers of navigating a set of stairs while impaired. Alcohol impairment increases the danger of making errors in judgment, even while walking.

Evidence-Based Approach

When observers are able to note participants' mistakes, it will highlight their susceptibility to potential falls. This works to undermine participants' *optimistic bias* toward the process of navigating stairs in low-visibility conditions while impaired.

Setup

Lay out the activity mat and assign spotters.

Optional: You may place some props in related spots on the mat. During the activity, ask the participant to pick up or move one of the objects. CAUTION: These items may cause your participant to trip or fall, so place spotters at the props.

Activity Steps

Ask participants to step as if they are descending stairs, avoiding the obstacles.

A demonstration of using the stairs sober. Have the participant step on each step, one at a time, without wearing Fatal Vision[®] Goggles.

A demonstration of using the stairs impaired. Have the participant step on each step, one at a time, while wearing clear Fatal Vision[®] Goggles. Note how many times the participant steps off the side edge of the stairs or on the line in between the stairs.

A demonstration of using the stairs impaired at night. Have the participant step on each step, one at a time, while wearing shaded Fatal Vision[®] Goggles. Note how many times the participant steps off the side edge of the stairs or on the line in between the stairs.

Additional Activity: Ask the participant to pretend to pick up one or two of the items on the stairs while proceeding up or down.

Discussion

Guide your audience through a discussion to find out what they experienced while performing the activity sober, and then impaired.

Sample questions:

- What are the potential consequences from the combination of being impaired and trying to navigate the stairs in low-light conditions?
- What is the wider potential impact of attempting this activity? Consider medical, legal, and social consequences, both immediate and long term.



To use the carrying strap, fold mat in half vertically, roll mat and slide the strap loops around each end of the mat.



To clean your mat, shake out and wipe with a damp cloth if needed.

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ALCOHOL IMPAIRMENT – ROADSIDE SOBRIETY TEST

Introduction

The Fatal Vision® Goggles simulate alcohol impairment. When used with the DIES® Roadside Sobriety Test, they highlight the potential consequences of impaired driving. The impairment demonstrated in this activity includes a loss of equilibrium and the resulting difficulty of performing a simple walk-the-line sobriety test.

Activity Purpose

The purpose of this activity is to show participants that alcohol does affect them, and that the consequences of an impaired driving crash can be severe. Alcohol impairment increases the danger of making errors in judgment, even while walking. Participants will learn the potential consequences of being stopped for a DWI.

Evidence-Based Approach

People tend to believe they are not as susceptible to the impairing effects of alcohol as others. They also feel that if they are involved in a crash, the consequences will not be severe. This belief tendency is called *optimistic bias*. By demonstrating they don't have as much control as they think they do, we can undermine this assumption. Participants will understand the severity of their choices as they discuss potential consequences of impaired driving crashes.

Setup

Lay out the activity mat and assign spotters.

Activity Steps

The following activity includes instruction a police officer will typically give when administering a field sobriety test.

1. Say to your participant, "Put your left foot directly in front of your right foot. Keeping your arms by your side, walk and count nine steps, heel-to-toe, straight down the line. When you reach the end, turn and walk the same way back to where you began." As the participant obeys the instructions, look for eight indicators of impairment:
 - Cannot keep balance while listening to the instructions
 - Begins to walk before the instructions are finished
 - Stops while walking to regain balance
 - Does not touch heel-to-toe
 - Steps off the line
 - Uses arms to balance
 - Makes an improper turn
 - Takes an incorrect number of steps
2. Have the participant perform the activity the first time without Fatal Vision® Goggles. Note how many times she wobbled or lost balance.
3. Have the participant perform the activity a second time with the clear Fatal Vision® Goggles. Note how many times she wobbled or lost balance.
4. (Optional) Have the participant perform the activity a third time with the shaded Fatal Vision® Goggles, they simulate impairment at night and the added difficulty of navigating a walk-the-line test in lower light conditions. Note how many times she wobbled or lost balance.

Discussion

Guide your audience through a discussion to find out what they experienced while performing the activity sober, and then impaired. Sample questions:

- How do you feel you performed without being impaired? How do you feel you performed while being impaired?
- What are the potential consequences of a DWI arrest (according to your state's laws)? Some common consequences are: ticket fines, court costs, jail time, license suspension, and insurance coverage problems. (Find out the consequences for your state at Duiconsequences.com.)
- What could be the consequences if someone continued to drive in an impaired state?
- What are some practical ways to avoid driving impaired?

