

The Law

It is illegal in England and Wales to drive if you:

- are unfit to do so because you are on legal or illegal drugs or
- have certain levels of illegal drugs in your blood (even if they haven't affected your driving).

The police can stop you and make you do a 'field impairment assessment' if they think you have taken drugs. This is a series of tests, for example, asking you to walk in a straight line.

Police Officers can also use a roadside drug kit to screen for Cannabis and Cocaine.

If the police think you are unfit to drive because of taking drugs, you will be arrested and will have to take a blood or urine test at a police station.

If the test proves to be positive you could be charged with a crime.

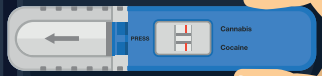
Many people do not think that taking certain over the counter or prescription drugs can render them unfit to drive.

The effects of legal / prescribed drugs can be less obvious, but one shouldn't underestimate the danger.

It's advisable for individuals to ask their doctor about whether they should drive if they've been prescribed any of the following drugs:

Amphetamines e.g. Dexamphetamine or Selegiline; Clonazepam; Diazepam; Flunitrazepam; Lorazepam; Methadone; Oxazepam; Temazepam; Morphine or Opiate and Opioid-based drugs, such as - Codeine, Tramadol or Fentanyl.

HEDDLU
POLICE



Different drugs impair driving in different ways

- Cannabis, for example, slows your reaction time, resulting in longer braking distances.
- Cocaine promotes over confidence, meaning faster driving and greater risk-taking, and
- Mind-altering drugs such as Ecstasy and LSD distort your perception of reality, leaving you unable to judge speed and distance accurately.



What are the penalties for drug driving?

If you're convicted of drug driving you could have:

- A minimum 1 year driving ban
- An unlimited fine
- Up to 6 months in prison
- A criminal record
- A significant increase in your car insurance costs
- Trouble travelling to countries like the USA.

Your driving licence will show you've been convicted for drug driving - this remains on your licence for 11 years. If you drive for work, your employer will see your conviction on your licence.

The penalty for causing death by dangerous driving under the influence of drugs is a prison sentence of up to 14 years.

Drug driving can be just as dangerous as driving under the influence of Alcohol.

Gyrru ar Gyffuriau...



Y Gyfraith

Mae'n anghyfreithlon yng Nghymru a Lloegr i yrru os ydych:

- yn anaddas i wneud oherwydd eich bod ar gyffuriau cyfreithlon neu anghyfreithlon neu
- â lefelau penodol o gyffuriau anghyfreithlon yn eich gwaed (hyd yn oed os nad ydynt wedi effeithio eich gyrru).

Gall yr heddlu eich stopio a chynnal 'asesiad nam maes' os credant eich bod wedi cymryd cyffuriau.

Mae hon yn gyfres o brofion e.e. gofyn i chi gerdded mewn llinell syth.

Gall Swyddogion Heddlu hefyd ddefnyddio cit cyffuriau ochr ffordd i sgrinio am Ganabis a Chocên. Os cred yr heddlu eich bod yn anaddas i yrru oherwydd eich bod wedi cymryd cyffuriau, cewch eich arestio.

Bydd rhaid i chi gymryd prawf gwaed a throeth mewn gorsaf heddlu.

Os yw'r prawf yn bositif, gallwch gael eich cyhuddo o drosedd.

Nid yw llawer o bobl yn meddwl fod cymryd cyffuriau penodol dros y cownter neu rai ar brescripsiwn yn eu gwneud yn anaddas i yrru.

Gall effeithiau cyffuriau cyfreithlon / ar brescripsiwn fod yn llai amlwg. Ni ddylai neb dansellio'r perygl.

Cynghorir unigolion i holi eu meddyg ynghylch a ddylent yrru os ydynt wedi cael prescripsiwn i gael y cyffuriau canlynol:

Amffetaminiau e.e. Decsamffetamin neu Selegilin, Clonasepam, Diasepam, Fflwnitrasepam, Lorasepam, Methadon, Morffin neu Opiad a Chyffuriau Seilledig ar Opiad, ee Codin, Tramadol neu Ffentanyl, Ocsasepam a Temasepam.

HEDDLU
POLICE



Mae cyffuriau gwahanol yn effeithio gyrru mewn gwahanol ffyrdd

- Mae canabis, er enghraifft, yn arafu eich amser ymateb, gan arwain at bellteroedd brecio hirach.
- Mae cocên yn creu gor-hyder, sy'n golygu gyrru cyflymach a mwy o gymryd risgiau, a
- Cyffuriau newid meddwl fel Ecstasi ac LSD sy'n ystumio eich crebwyll o realiti, gan eich gadael yn methu beirniadu cyflymder a phellter yn gywir.

Beth yw'r cosbau am yrru ar gyffuriau?

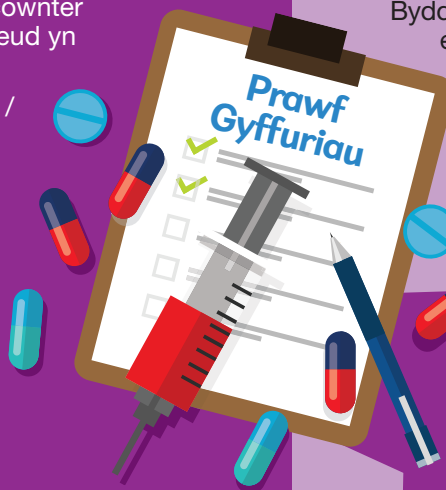
Os cewch eich euogfarnu o yrru ar gyffuriau gall arwain at:

- 0 leiaf 1 flwyddyn o waharddiad rhag gyrru
- Ddirwy anghyfyngedig
- Hyd at 6 mis o garchar
- Gofnod traseddol
- Gostau eich yswiriant car godi'n sylweddol
- Gael trafferth teithio i wledydd fel UDA.

Bydd eich trwydded yrru yn dangos eich bod wedi'ch euogfarnu o yrru ar gyffuriau – bydd hwn yn aros ar eich trwydded am 11 mlynedd. Os ydych yn gyrru fel gwaith, bydd eich cyflogwr yn gweld eich euogfarn ar eich trwydded.

Y gosb am achosi marwolaeth drwy yrru'n beryglus ar gyffuriau yw dedfryd o garchar hyd at 14 mlynedd.

Gall gyrru ar gyffuriau fod yr un mor beryglus ag yfed a gyrru.



Drugs & Driving....

