



High Driving, Higher Stakes



THIS SNAPSHOT BUSTS MYTHS AND SHARES REAL FACTS ABOUT CANNABIS AND DRIVING SO YOU CAN MAKE SAFER CHOICES

CLEAR THE SMOKE: CANNABIS DRIVING MYTHS^{1,2}

1 *Police are not able to test if I've consumed cannabis*

Police officers can administer roadside tests to check for impairment. These can include testing devices or calling in specially trained drug recognition officers

2 *I drive better when I'm high*

Driving under the influence of cannabis affects your ability to drive safely and puts you at a greater risk of getting into a collision

3 *I'm not going far so I'll be fine*

45% of incidents happen near the home. Driving in a familiar setting makes drivers less attentive, and cannabis has been shown to reduce a driver's concentration

4 *I have a high tolerance so I'm OK to drive*

Regardless of how often you consume, driving under the influence of cannabis is illegal and dangerous for you and others on the road

KNOW THE FACTS³

1 in 4 drivers

who use cannabis admit to driving within four hours of consuming, although the effects of cannabis can last much longer



2x the risk

Cannabis impairs the cognitive and motor abilities necessary to operate a motor vehicle and **doubles the risk of crash involvement**

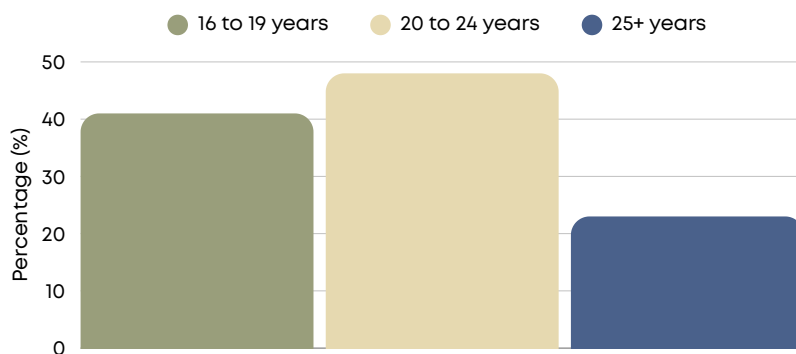
Cannabis affects driving performance

It affects reaction time, visual function and tracking, concentration, short-term memory and divided attention

Canadians are nearly twice as likely to believe drivers will be caught for alcohol impairment (41%) than for cannabis impairment (23%)—**highlighting a major gap in public perception of enforcement**



Cannabis use in the past 12 months, by age^{(2024)¹}



Did you know?

Driving after using cannabis is more common than driving after drinking, particularly among young drivers

THINK AHEAD & STAY SAFE

IF YOU DO CHOOSE TO USE CANNABIS, HERE ARE SOME WAYS TO KEEP YOURSELF AND OTHERS AROUND YOU SAFE. CHECK OUT THESE TIPS BELOW



Plan ahead

If you're going to use cannabis, figure out how you'll get home safely before you use it. This could be having a designated driver, taking a taxi, rideshare, or public transit

Lower-Risk Cannabis Use Guidelines⁴

[Canada's Lower-Risk Cannabis Use Guidelines \(LRCUG\)](#) offer practical, science-backed tips to help people stay safer and reduce health risks when using cannabis

Avoid combining substances

Combining cannabis with alcohol or other drugs further increases impairment, making crashes more likely. Even small amounts of both substances can multiply their effects on coordination and judgment



Wait it out

THC can affect you for 6+ hours, and even longer depending on the mode of consumption or high doses. Everyone processes THC differently, so err on the side of caution and plan not to drive after using

Look out for your friends!

If friends use cannabis, don't let them drive. Make sure they don't get in a car with someone who has used cannabis either



Know where to stay

Find a safe place to consume that doesn't involve driving afterward, or consider crashing at a friend's place. Avoid situations where you might be tempted to drive



Impaired driving is 100% preventable!

The safest choice is never to drive after using any intoxicating substance
Keep yourself and others safe



Learn more about the consequences of impaired driving in Canada by [clicking here](#)

References

1. Canadian Cannabis Survey. (2024) *Cannabis use for non-medical purposes among people in Canada (aged 16+)*. Ottawa: Health Canada.
2. CAA National. (2022). *Cannabis impaired driving*. Retrieved from: <https://www.caa.ca/driving-safely/cannabis-impaired-driving/>
3. Canadian Centre on Substance Use and Addiction. (2022). *Clearing the smoke on cannabis*. Retrieved from <https://www.ccsa.ca/sites/default/files/2022-12/CCSA-Cannabis-Use-Driving-Report-2022-en.pdf>
4. Fischer, B., Russell, C., Sabioni, P., van den Brink, W., Le Foll, B., Hall, W., Rehm, J. & Room, R. (2017). Lower-Risk Cannabis Use Guidelines (LRCUG): A Comprehensive Update of Evidence and Recommendations. *American Journal of Public Health*, 107(8). DOI: 10.2105/AJPH.2017.303818.