

# DANGER IN EVERY STEP (DIES®) USER GUIDE

## ALCOHOL IMPAIRMENT – WINDING SIDEWALK MAT

### Introduction

The Fatal Vision® Goggles simulate alcohol impairment. When used with the DIES® Winding Sidewalk Mat, they highlight the potential consequences of walking home drunk. The impairment demonstrated in this activity includes a loss of equilibrium and the resulting difficulty of navigating a simple path.

### Activity Purpose

The purpose of this activity is to demonstrate the potential dangers of impaired walking. Alcohol impairment increases the danger of making errors in judgment, even while walking. Participants will discuss strategies to avoid impaired walking or driving.

### Evidence-Based Approach

People tend to believe that they are not likely to face negative consequences. 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 walking home impaired – especially at night.

### Setup

Lay out the activity mat and assign spotters.

### Activity Steps

Ask your participant to imagine and describe a scenario in which she might need to walk somewhere under the influence. Encourage her to elaborate on the scene: who she is with, where she is (e.g., at the bar, at a friend's house), and what the mood is as she decides to take a walk.

Ask your participants: "How many think that you can walk this course without stepping off the sidewalk?"

- **A demonstration of walking sober.** Ask the participant to walk the course without wearing the Fatal Vision® Goggles while staying on the sidewalk. *Optional: Note the time that it takes to walk the course.*
- **A demonstration of walking impaired.** Ask the participant to walk the course with the clear Fatal Vision® Goggles while staying on the sidewalk. Note how many times they walk "off the sidewalk." *Optional: Note the time that it takes to walk the course.*
- **A demonstration of walking impaired at night.** Ask the participant to walk the course with the shaded Fatal Vision® Goggles while staying on the sidewalk. Note how many times she walks "off the sidewalk." *Optional: Note the time that it takes to walk the course.*

### Discussion

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

- How many thought that you could walk this course without stepping off the sidewalk?
- Did you perform as well as you expected while impaired?
- What are the potential dangers of not only being impaired and walking a significant distance, but walking that distance impaired at night?



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.