



You can't calculate  
your alcohol limit

So don't try



Don't Drink and Drive

[www.thinkroadsafe.org.uk](http://www.thinkroadsafe.org.uk)

There is no failsafe guide as to how to stay under the legal alcohol limit\* or how much you can drink and still drive safely.

It depends on:

- > your weight, sex, age, metabolism, stress levels
- > an empty stomach
- > the amount and type of alcohol.

Any amount of alcohol affects your ability to drive safely as your reaction times are impaired and you're unable to judge speed and distances.

The only safe option is not to drink if you plan to drive. Never offer a drink to someone else who is.

People who drive at twice the current legal alcohol limit are at least 50 times more likely to be involved in a fatal car crash. **THINK!** Don't be one of them.

\*The legal alcohol limit for driving in the UK is

> 80 milligrammes of alcohol in 100 millilitres of blood

## Drinking and driving don't mix

3,000 people are killed or seriously injured on our roads each year in drink drive related crashes and nearly one in six of all deaths on the road involve drivers who are over the legal limit.

If you plan to drink, don't risk driving.

- > book a taxi
- > use public transport
- > stay overnight
- > arrange for someone who is not drinking to drive
- > don't be tempted to get into a car with anyone else who has been drinking.

## Consequences of drink driving

If you think you won't get caught for drink driving, you're wrong. On average 100,000 drivers are convicted every year for drink driving. You don't have to be in a crash to be breath tested. The police can ask you to take a breath test if they suspect you have been drinking, or if you commit a traffic offence. If you're convicted of drink driving:

- > you'll have a criminal record
- > you won't be allowed to drive for at least a year
- > you could lose your job
- > your lifestyle could change dramatically
- > your insurance costs will rocket
- > you'll have difficulty hiring a car for the next ten years.

## The morning after

If you've been out drinking you may still be affected by alcohol the next day. Even though you may feel OK when you get up, you may still be unfit to drive or over the legal alcohol limit.

You could still lose your licence if you drive the next day when you're still over the legal alcohol limit. It's impossible to get rid of alcohol any faster. A shower, cup of coffee, or other ways of 'sobering up' will not help. It just takes time.

## There are no excuses

### *'I had a drink but it was at lunch time'*

Even a small drink at lunchtime can make you more sleepy and impair your driving.

### *'I feel fine to drive'*

Any amount of alcohol will affect your judgement.

### *'I've only had a couple'*

Even a single drink will affect your driving performance.

### *'I've had a meal'*

Alcohol just takes a little longer to get into your system, your driving will still be affected.

### *'I can handle my drink'*

You may think you can handle your drink, but you will have difficulty judging distance and speed. Your reactions are slower, so it will take you longer to stop.

### *'I'm only going down the road'*

A large proportion of all drink drive crashes occur within 3 miles of the start of the journey.

### *'I'm driving slowly and carefully'*

Alcohol actually makes you less alert.

## Drink driving and the law

### *If you are convicted of:*

### *The maximum penalty is:*

Causing death by careless driving when under the influence of drink or drugs

14 years imprisonment, banned from driving for at least 2 years and required to take an extended driving test.

Driving or attempting to drive whilst above the legal limit or unfit through drink

6 months imprisonment, plus a fine of £5,000 and banned from driving for at least 12 months (3 years if you're convicted twice in 10 years).

In charge of a vehicle whilst over the legal limit or unfit through drink

3 months imprisonment, plus a fine of £2,500 and a ban from driving.

Refusing to provide a specimen of breath, blood or urine for analysis

6 months imprisonment, plus a fine of £5,000 and banned from driving for at least 12 months.

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