

ALCOHOL AND DRIVING



Carrying keys just to get personal belongings counts as being in charge of a vehicle

You are 4 times more likely to be involved in a crash when just below the legal limit



Only time can help you sober up; showering, sleeping, eating or drinking coffee do not

Alcohol inhibits your ability to adjust to headlights, judge depth, and identify hazards



14 years in jail is the max. punishment for causing death by dangerous driving

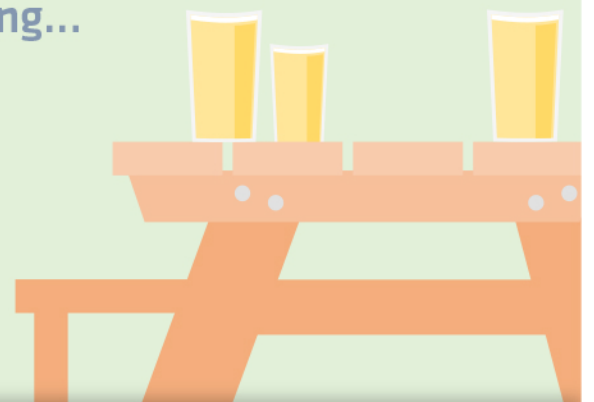
Refusing to provide a sample of breath, blood or urine can mean 6 months' imprisonment



Your drink limit may be affected by factors including...

- Gender
- Weight
- Medication
- Metabolism
- Food eaten
- Age
- Strength and amount of alcohol

Our recommendation is always none for the road



Drink-driving is a criminal offence. If you drive for work your ban will show up on employer licence checks, your insurance will increase significantly and it may be difficult to travel to countries such as the USA.

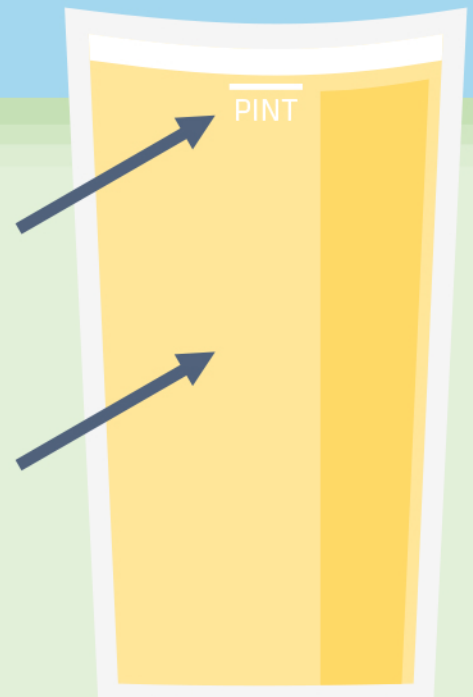
KNOW YOUR UNITS

$$\begin{array}{r} 568 \text{ (ml)} \\ \times \\ 4 \text{ (\% ABV)} \\ \hline 1,000 \end{array}$$

=

2.3 units

$$\begin{array}{r} \text{Vol (ml)} \\ \times \\ \text{ABV (\%)} \\ \hline 1,000 \end{array}$$



Do you really know how much you've had to drink? The number of units it takes to be over the drink drive limit varies for each person, as does the time it takes to leave your system. To stay safe it's always best to have none for the road.