

# MANY DRINK DRIVERS ARE CAUGHT OVER THE DRINK DRIVE LIMIT THE MORNING AFTER!

## GIVE DRINK DRIVING THE RED CARD!

ALWAYS ADD AN EXTRA HOUR TO THE TOTAL, TO ALLOW FOR ABSORPTION INTO THE BLOOD STREAM.



### Pints of Beer or Cider

4% pint – 2 hours per pint  
5.5% pint – 3 hours per pint



### Bottle of Beer or Cider

250ml-330ml bottle 5.5% – 2 hours per bottle  
550ml bottle – 3 hours per bottle



### Can of Beer or Cider

3%-4% – 2 hours per can  
5%-5.5% – 2.5 hours per can  
7.5% – 3.5 hours per can  
9% – 4 hours per can



### Alco-pops

275ml-330ml 4%-4.5%  
– 2 hours per bottle



### Spirits – 40%

25ml – 1 hour  
35ml – 1.5 hours  
70ml double – 3 hours



### Glass of Wine

15%-250ml – 4 hours per glass



### Bottle of Wine

15% – 12 hours per bottle



### Shots

Some shots can be as high as 70%  
70% shot – 1.75 hours per shot

## REMEMBER!

THIS IS ONLY A ROUGH GUIDE, THE BEST ADVICE IS NOT TO DRINK AT ALL!



Drinking 4 pints of strong beer or cider will mean that you can't drive for at least 13 hours from finishing your last pint. If you finish at midnight, you probably won't be legal and safe to drive until after 1pm the following day.

Drinking 5 large bottles of beer or cider will mean that you can't drive for at least 16 hours. That's 4pm the next day if you finish drinking at midnight.

Drinking 5 super-strength cans will mean you can't drive for about 21 hours.

Drinking four 70% shots means you can't drive for 8 hours – that's 8am the next morning if you last drank at midnight.

## MIX YOUR DRINKS, MIX THE MATHS –

If you can after having a few!

Best not only to plan how you're getting home, but also how you're going to get about the next day...

2 shots and 4 pints. Finish drinking at 3am, you won't be safe to drive until after 7pm the following evening!

IT WILL TAKE AT LEAST ONE HOUR FOR YOUR BODY TO GET RID OF EACH UNIT OF ALCOHOL.

IF YOU WANT TO BE LEGALLY SAFE TO DRIVE, AND AVOID A CONVICTION, THIS INFORMATION WILL HELP YOU CALCULATE *ROUGHLY* WHEN YOU WILL BE ALCOHOL FREE.

## TRUE or FALSE? ... TRUE or FALSE? ... TRUE or FALSE? ... TRUE or FALSE?

Men lose alcohol from their bloodstream quicker than women.  
**FALSE** – It takes the same amount of time, their livers work at the same speed.

It doesn't matter what mixer you use, the alcohol takes the same time to leave your system.  
**TRUE** – you're still drinking the same amount of alcohol, even if it's watered down with soft drink.

Eating a big meal helps you sober up quickly.

**FALSE** – the alcohol is absorbed more slowly – so it takes longer before you're fit to drive.

I'll only get a fine if I get caught.

**FALSE** – You're more likely to get a 12 month driving ban, a criminal record, a £5000 fine plus the possible loss of your job.