

# Information On Drinking And Driving (This includes riding two wheelers)

Once alcohol is absorbed into your bloodstream, it is taken up by cells in your vital organs, including the brain - slowing your reactions, dulling your judgement and vision and impairing your ability to drive.

When you've been drinking, the chances of crashing are high. In fact, when you drive with a blood alcohol level at the legal limit (80 mg per 100ml), you are **three times more likely to be involved in a crash** than if you hadn't had a drink.

**Anyone who takes this risk is a potential killer.**

## What you can do

### Be aware:

Everyone's perception of how much they can drink is different. But the law is precise: if you're an adult the legal blood alcohol limit for driving is no more than 80 milligrams of alcohol for every 100mls of blood.

If you are under 20 you shouldn't drink any alcohol before you drive. Your limit is 30 milligrams for every 100mls.

For drinking guidelines visit the [Alcohol Advisory Council's website](#).

### Be prepared:

If you're planning on drinking, plan not to drive.

### Use your influence:

Don't go along with other people's bad decisions.

## Death is the ultimate price of drink-driving

The cost of a crash is not just measured in death or injury; feelings of grief, regret, and ostracism are common. There are also long-term costs which can be crippling.

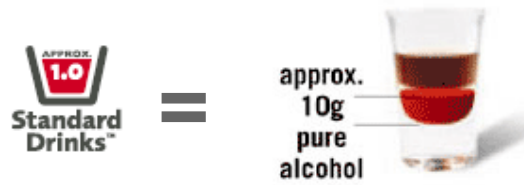
Legal charges range from manslaughter to failure of evidential blood or breath alcohol tests. The penalties result in imprisonment, loss of licence and/or disqualification and fines.

### Guide to Standard Drinks

If you drink a 330ml can of beer or a 100ml glass of table wine or a 30ml of straight spirits you are drinking approximately 10 grams of alcohol, depending on the alcohol percentage (see table below).

All alcohol containers now have a Standard Drinks content on the label.

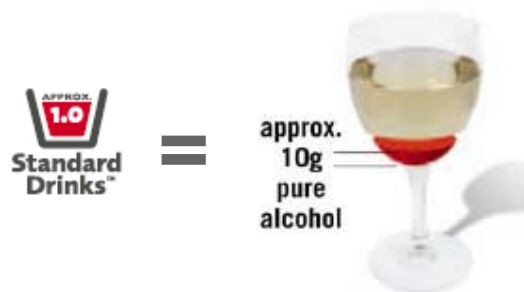
30ml straight spirits:



330ml can of beer:



100ml glass of table wine:



330ml can of beer @ 4% alcohol



440ml can of beer @ 4.2% alcohol



330ml bottle of beer @ 5% alcohol



330ml bottle of lite beer @ 2.5% alcohol

APPROX  
**1.0**  
Standard  
Drinks™



750ml bottle of  
beer @ 4%  
alcohol

APPROX  
**1.5**  
Standard  
Drinks™



750ml bottle of  
wine @ 13%  
alcohol

APPROX  
**1.3**  
Standard  
Drinks™



750ml bottle of  
sparkling wine  
@ 12% alcohol

APPROX  
**0.7**  
Standard  
Drinks™



750ml bottle of  
wine @ 14%  
alcohol

APPROX  
**2.4**  
Standard  
Drinks™



3 litre cask of  
wine @ 12.5%  
alcohol

APPROX  
**7.7**  
Standard  
Drinks™



275ml bottle of  
RTD spirits  
@ 5% alcohol

APPROX  
**7.1**  
Standard  
Drinks™



335ml bottle of  
RTD spirits  
@ 8% alcohol

APPROX  
**8.3**  
Standard  
Drinks™



375ml bottle of  
spirits @ 37.5%  
alcohol

APPROX  
**3.0**  
Standard  
Drinks™



500ml bottle of  
spirits @ 37.5%  
alcohol

APPROX  
**1.1**  
Standard  
Drinks™



700ml bottle of  
spirits @ 40%  
alcohol

APPROX  
**2.1**  
Standard  
Drinks™



1000ml bottle of  
spirits @ 47%  
alcohol

APPROX  
**1.1**  
Standard  
Drinks™



1125ml bottle of  
spirits @ 45%  
alcohol



## What happens when I drink?

Alcohol is a drug that dulls brain function and slows down reactions. It also impairs your judgement.

When you drink, alcohol is absorbed into the bloodstream. If you have food in your stomach, the alcohol will take longer to be absorbed, and you won't get as drunk on the same amount.

Once alcohol gets into your system, there are only a few ways to get rid of it:

- a little goes out through the kidneys and the urine;
- a little may be sweated out;
- some is breathed out through the lungs; but
- most (over 90%) is broken down and eliminated through the liver.

If you have a healthy liver it will take an hour to get rid of the alcohol contained in just one standard size drink. It cannot work any faster.

When you drink faster than one drink per hour, alcohol accumulates in your bloodstream. This accumulating alcohol keeps increasing the blood alcohol level.

Because your liver can only get rid of alcohol at a fixed rate, your blood alcohol level may still be over the legal limit for driving the morning after a heavy drinking session.