







Drink Driving

It only takes one alcoholic drink to begin to affect your ability to drive safely. Have none for the road!

Drinks and units

	Standard glass of wine (125ml)	2.1 units
	Pint of low-strength lager (3.6%)	2 units
	Pint of high-strength lager (5.2%)	3 units

What is a unit of alcohol?

-  The quantity of pure alcohol in a drink
-  The amount of alcohol the average adult can process in an hour
-  Equivalent to 10ml or 8g of pure alcohol

The total financial consequences of a drink drive conviction could be between £20,000 and £50,000 as a result of fines, fees and loss of job



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2 hours for the alcohol to leave your body



Remember you may still be over the legal limit to drive the morning after a night out drinking



Penalties



A minimum 12 month driving ban



A criminal record



A hefty fine



Up to 6 months in prison

Effects of alcohol on driving



Reduces co-ordination



Affects vision



Slows reactions



Increases fatigue



Affects speed/distance judgement



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