



DRINK DRIVING



Did you know?

- You could be imprisoned, banned from driving and face a fine if you're found guilty of drink-driving.
- Drivers in Great Britain convicted of causing death by careless driving when under the influence of drink or drugs face a minimum period of disqualification of five years and the maximum penalty of life imprisonment.
- The only thing that eliminates alcohol from the body is time and the average person will metabolise around one unit of alcohol per hour.

A drink drive conviction means:

- a mandatory driving ban for at least one year (three years if convicted twice in 10 years)



- you could be given a prison sentence and/or an unlimited fine



- a big increase in vehicle insurance



- an offence which stays on your licence for **11 years**



- difficulty travelling to countries like the USA



- an employer will see the conviction on the your driving licence

Drinking alcohol affects a driver's eye, hand, and foot coordination. It impairs reaction time, coordination and concentration, decreases vision and inhibits judgement.

Around 50% of drivers who fail a roadside test are either driving for work at the time or drive for work purposes.



The Road Traffic Act 1988 identifies that a person who, when driving or attempting to drive a mechanically propelled vehicle on a road or other public place, is unfit to drive through drink or drugs, is guilty of an offence.

The "morning after" effect means you could still be over the limit and your driving affected the next day as it takes time for alcohol to be eliminated from the bloodstream.

A good night's sleep followed by a fry-up and strong coffee **DOES NOT SPEED THIS UP!**

There are strict alcohol limits for drivers, and remember the limits in Scotland are lower than the rest of the UK.

Max level of alcohol	England, Wales and N. Ireland	Scotland
Micrograms per 100 millilitres of breath	35	22
Milligrammes per 100 millilitres of blood	80	50
Milligrammes per 100 millilitres of urine	107	67

