

DRINK DRIVING



In the UK the police have the right to stop and request a breath sample from anyone they suspect to be driving, or intending to drive, under the influence of alcohol. It is against the law to refuse to give a sample. If your breath test is positive by more than 35mg of alcohol per 100ml of breath you will be arrested and taken into custody where you will be asked to provide a further, more conclusive test. The legal alcohol limit for drivers is not calculated by 'units'. Rather, it is calculated by the amount of alcohol in a driver's breath, blood or urine. These limits are 35mg of alcohol per 100ml of breath, 80mg per 100ml of blood or 107mg per 100ml of urine. If these limits are exceeded drink drivers can be fined up to £5,000, be disqualified from driving and or face a prison sentence.

It is impossible to be sure if you're within the law by counting your units, as many factors affect how your body breaks down alcohol including height, weight, age, health, fitness, what you have eaten, other medication etc. One drink could put you over the limit, putting yourself and others at risk and could result in a criminal record.

In 2011, 280 people died in alcohol related road traffic accidents, and 1,290 were seriously injured, which is why law enforcement officers would recommend avoiding alcohol altogether when intending to drive.



THINK!
The government's website for road safety offers the following advice on drink driving.



Don't offer an alcoholic drink to someone you know is planning to drive.

Even if you're not driving, you can help reduce the number of people who are killed and injured by drink driving every year.

Don't accept a lift from a driver you know has drunk alcohol.



If you're planning to drink alcohol, plan how to get home without driving.

Options include agreeing on a designated driver, saving a taxi number to your phone, or finding out about public transport routes and times before you go out.



Time is the only way to get alcohol out of your system.

You could be over the legal limit many hours after your last drink, even if it's the 'morning after'. Sleep, coffee and cold showers don't help to sober you up.

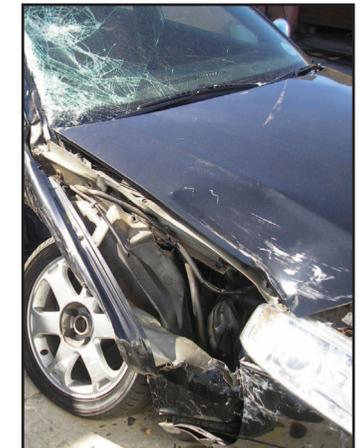
There is no excuse for drink driving.

"I can handle my drink".

How many times have you heard this statement? Alcohol affects everybody's driving for the worse. It creates a feeling of overconfidence, makes judging distance and speed more difficult and slows your reactions so it takes longer to stop.

"I'm only going down the road."

A large proportion of all drink drive crashes occur within three miles of the start of the journey.



Source: <http://think.direct.gov.uk>