



## Drink Driving Facts

There were nearly 37,000 reported drink drive accidents and more than 1400 reported deaths caused by drink driving between 2010 and 2015.



When it comes to drinking and driving there is one simple rule to follow... Don't consume alcohol if you are going to be driving the same or following day!



Units are the measure of how much alcohol is in a drink and one unit is the equivalent of 10ml of pure alcohol.



*don't  
drink &  
drive*

There are many myths about how to beat the breathalyser...the biggest of all is that by having a meal it will make you sober faster!  
This doesn't work, in fact it makes the alcohol stay in your body for longer!



On average it takes your body an hour to process a single unit of alcohol although this can be influenced by many different factors such as your height and weight which makes it impossible to be sure how long it will take for the alcohol to leave your body.

