NRSPP
NATIONAL ROAD SAFETY
PARTNERSHIP PROGRAM

DRINK DRIVING
QUICK FACTS

Background

RIP

Drink driving remains a **major contributor to fatalities and injuries on Australian roads**, even though an illegal BAC limit has been in place for over 25 years.

Source: http://www.nrspp.org.au/Pool/Resources/drink-driving-fs(1)(1).pdf

Tips for staying safe

○ **Organise a driver** who will not be drinking or using any other drug

○ Make **alternative transport plans**

○ Use **public transport or 'grab a cab'**

○ **Stay overnight,** but beware the next morning

Source: http://www.nrspp.org.au/Pool/Resources/drink-driving-fs(1)(1).pdf

What can I drink?

To remain under the BAC limit:

○ Males can have **2 standard drinks** in the first hour and **1 standard drink** every hour after that.

○ Females can have no more than **1 standard drink** every hour

Low alc beer (375ml) (3.5% alc.)

Regular beer (1 pot) (285ml) (4.9% alc)

Spirits (30 ml) (40% alc)

Small glass of wine (100 ml) (12% alc)

Port or sherry (60ml) (18% alc)

Source: http://www.nrspp.org.au/Pool/Resources/drink-driving-fs(1)(1).pdf

What is BAC?

Blood Alcohol Concentration (BAC) is a measure of grams on alcohol in the body per 100 millilitres of blood. The **level limit is 0.05.**

Source: https://www.tac.vic.gov.au/road-safety/tac-campaigns/drink-driving

BAC levels and their affects:

○ **0.02 to 0.05 BAC** - the **ability to see or locate moving lights correctly is diminished**, as is the ability to judge distances. The tendency to take risks is increased, and the ability to respond to several stimuli is decreased.

○ **0.05 to 0.08 BAC** - **the ability to judge distances is reduced, sensitivity to red lights is impaired, reactions are slower and concentration span shorter.** At 0.08 BAC drivers are 5 times more likely to have an accident than before they started drinking.

○ **0.08 to 0.12 BAC** - **euphoria sets in, overestimation of one's abilities leads to reckless driving, peripheral vision is impaired (resulting in accidents due to hitting vehicles in passing) and perception of obstacles is impaired.** Drivers are up to 10 times more likely to have an accident.

Source: https://www.tac.vic.gov.au/road-safety/tac-campaigns/drink-driving