DRINK DRIVING

How would the loss of your driver’s licence or a drink driving charge affect your life?

If you are going to be driving then it is safest not to drink at all. If you decide to have a drink and you are driving it is important to make sure that you remain below a blood alcohol concentration (BAC) of 0.05. BAC refers to the amount of alcohol in every 100 millilitres of blood. For example, if you had a BAC of 0.05, it would mean that in every 100ml of blood there would be 0.05 grams of alcohol.

Even if you don’t drink on a regular basis, driving over the legal limit of 0.05 just once can have very serious long term and short term consequences and is likely to result in the loss of your driver’s licence. A drink driving conviction will show up on state and federal police clearances and may affect your future employment opportunities.

There are several factors that influence your BAC and every individual is different. These factors include:

- How much alcohol is consumed.
- The amount of time that this alcohol is consumed over.
- If you have eaten a meal.
- The type of alcohol consumed.
- Your gender.

Alcohol is a major contributor to road crashes in Western Australia.

IF YOU DECIDE TO DRINK & DRIVE

Men should have no more than two standard drinks in the first hour and then no more than one standard drink per hour after that.

Women should have no more than one standard drink in the first hour and one standard drink per hour after that.

(This guide is based on advice from the Australian Transport Safety Bureau).

What is a standard drink?

A standard drink contains approximately 10 grams of alcohol, which is found in:

- **Light beer** (3.5% alcohol) 1 can or stubbie = 1 standard drink
- **Regular beer** (4.8% alcohol) 1 can or stubbie = 1 1/2 standard drinks
- **1 jug** = about 36 standard drinks
- **Wine** (9.5% - 13% alcohol) 750 ml bottle = about 7-8 standard drinks
- **Pre-mixed spirits** (around 5% alcohol) 1 can (375ml) = 1 1/2 standard drinks
- **Spirits** 1 nip (30 ml) = 1 standard drink

In Western Australia in 2002/03, 14,325 drivers were charged with drink driving. Previous research has shown that of these, approximately 60 per cent are under 30 years of age.

In 2000, 22 per cent of all fatal crashes involved a driver or rider with a BAC on or over the legal limit of 0.05.

Free health Assessments are available

FREE DRINKERS CHECKUP!

- Are you drinking at safe levels?
- Wondering if your current alcohol consumption levels are affecting your health?

PERSONAL AND CONFIDENTIAL ASSESSMENTS ARE AVAILABLE AT THE UNIVERSITY MEDICAL CENTRE

To arrange an appointment or for enquiries please contact: 6488 4651 or 6488 4652

WINNER: Congratulations to Susan Clifford, the winner of last months $50 CASH PRIZE!