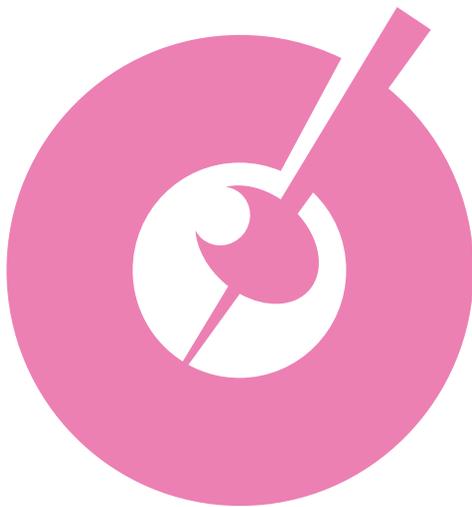




# Alcohol and driving°

They don't mix

Go further



There is no failsafe guide as to how to stay under the legal alcohol limit or how much you can drink and still drive safely.

Our advice is simple, if you're planning to drive then don't risk it, don't drink at all. Alcohol and driving... they don't mix.

1. On average 3,000 people are killed or seriously injured each year in drink drive collisions.
2. Nearly one in six of all deaths on the road involve drivers who are over the legal alcohol limit.
3. Approximately half of convicted drink drivers have blood alcohol levels in excess of 150mg... That's almost twice the legal limit. At twice the legal limit you are over 50x more likely to be involved in a fatal crash.
4. Drink drive accidents are clearly caused by drivers of all ages, but the highest rates of drink drive accidents occur in young men aged up to 34.
5. Don't think you won't get caught, more than half a million breath tests are carried out each year and on average more than 1 in 5 are found to be positive.
6. Drink driving is a CRIMINAL OFFENCE.
7. Driving or even attempting to drive whilst above the legal limit or unfit through drink carries a maximum penalty of 6 months' imprisonment, a fine of up to £5,000 and a minimum 12 months driving ban.
8. You don't even have to be driving to be convicted. Being in charge of a vehicle whilst over the legal limit or unfit through drink could result in 3 months' imprisonment plus a fine of up to £2,500 and a driving ban.
9. Sleeping it off might not be enough as you may still be affected the next day. You may feel OK but you may still be over the legal limit or unfit to drive and if proved to be impaired, it's still a ban.
10. Causing death by careless driving when under the influence of drink or drugs carries a maximum penalty of 14 years in prison. Sobering isn't it...

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## Strategies for Staying Safe... time to go O.T.T.

### Organise: alternative ways to get home.

Pre-book a taxi, check out public transport or arrange for someone to pick you up. What are your friends doing? Can you share?

If none of these are possible then consider walking, ideally with someone else and ensure you stay safe, remember to wear something reflective.

### Time: there's no quick way to sober up.

Despite all the folk remedies like taking a shower or drinking loads of coffee, it takes between 1 – 1.5 hours for each unit of alcohol to leave your system.

A unit of alcohol is equal to half a pint of ordinary strength beer... it's really that little! You'll need to avoid driving for some time... Work it out for yourself.

### Think: what's the real cost?

Driving or just being in charge of a car whilst under the influence of excess alcohol will cost you your license, possibly your job and even your life or that of another.

Is risking getting behind the wheel really worth any of this?



In 2012, DWF was accredited as a top tier legal firm for Transport by Chambers and Legal 500