

# Drink driving - know the risks



**Alcohol affects your reaction time, judgment, and coordination – all of which are crucial for staying safe on the road and on-site. Even if you feel "fine," alcohol can still be in your system the next morning, putting you and others at risk.**

Even small amounts of alcohol affect your ability to drive and there is no reliable way to drink and stay within the limit. If you plan to drive - avoid alcohol altogether.

## Curious about your drinking?

Scan the QR code and join thousands of people checking their drinking with Drinkaware's **FREE Drinking Check**



## What you need to know



### Drink driving is illegal

Getting caught over the limit could result in a driving ban, fines, or even prison.

### Alcohol stays in your system longer than you think

Even if you sleep after drinking, you could still be over the limit the next morning.

### There's no way to 'speed up' alcohol leaving your body

Coffee, showers, or fresh air won't sober you up faster.

## How to stay safe



### Plan ahead

If you're drinking, arrange a designated driver, taxi, or public transport.

### Skip the after-work drinks

If you're driving equipment the next day, avoid drinking the night before, as alcohol remains longer in the body than you might realise.

### Try alcohol-free options

Swap your usual drink for a no-alcohol alternative if you need to drive later. There's great options that are just as tasty.

### Never drink and drive.