



Alcohol



If you are going to drink, don't drive. If you are going to drive, don't drink. Anything else is a risk, not only to you, but also to other motorists and pedestrians.

Alcohol is involved in about one-third of all serious motor vehicle accidents. As the level of alcohol increases in your body, you have more risk of crashing. If you are above the prescribed blood alcohol content level, as the level of alcohol in your body increases, so does the severity of your fine and/or jail term.

The use of standard drinks can help people monitor alcohol consumption. Different alcoholic drinks contain different amounts of pure alcohol. A standard drink contains 10 grams of pure alcohol.

These are all equal to approximately one standard drink:



Please keep in mind:

- Some bars don't serve standard drinks — they might be bigger. Large wine glasses can hold two standard drinks — or even more.

- Drinks served at home often contain more alcohol than a standard drink.
- Cocktails can contain as many as five or six standard drinks, depending on the recipe.

Blood alcohol concentration (BAC) levels

The blood alcohol concentration (BAC) is the amount of alcohol in the bloodstream. A BAC of 0.05 means you have 0.05 grams of alcohol in every 100ml of your blood.

Legal BAC limits in the ACT

- Drivers over 18-years-old who have been driving for more than three years and are not classed as 'professional' drivers, have a limit of under 0.05.
- Probationary, provisional and learner drivers have a limit of 0.02.

The following 'professional drivers' must have a limit of 0.02:

- taxi drivers
- bus drivers
- dangerous goods vehicles
- heavy vehicles (gross vehicles mass over 4.5 tonnes)
- Commonwealth vehicles
- learner and P plate drivers

For information about what can affect your BAC, and the penalties for drink driving, visit www.afp.gov.au/act/drugs_alcohol/drink_driving.html.

Do not drive if there is any doubt. Make alternative arrangements: call a taxi, catch a bus, get a lift with someone who has not been drinking, or stay overnight.