

DRINK AND DRUG DRIVING

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KNOW YOUR LIMIT



Pre-mixed drinks

5% Alc/Vol
1.5 standard drink
per 300ml



Wine

10-14% Alc/Vol
1 standard drink
per 100ml



Champagne

11.5% Alc/Vol
1.5 standard drink
per 170ml



Spirits

37-43% Alc/Vol
1 standard drink
per 30ml



Mid Strength Beer

Middy
3-4% Alc/Vol
0.8 standard drink
per 285ml



Full Strength Beer

Middy
4-6% Alc/Vol
1 standard drink
per 285ml

Can
3-4% Alc/Vol
1 standard drink
per 375ml

Can
4-6% Alc/Vol
1.5 standard drink
per 375ml

DID YOU KNOW?

0.00%

BAC* at all times for L-platers, P-platers, certain heavy vehicle drivers and on demand transport drivers

*Blood Alcohol Concentration (BAC)

FACTORS AFFECTING BAC



AMOUNT OF ALCOHOL
CONSUMED



PERIOD OF ALCOHOL
CONSUMPTION



BODY MASS



AMOUNT OF FOOD
CONSUMED



FITNESS LEVEL



HEALTH OF LIVER

STAYING UNDER 0.05

It is best if you don't drink anything before driving. However, if you do drink, as a guide:

- men should not drink more than 2 standard drinks in the first hour and 1 standard drink every following hour.
- women should not drink more than 1 standard drink every hour.