

Lower your standards

A guide to staying under .05



Mid-strength beer (3-4% alc/vol)
1 standard drink per 375ml can
0.8 of a standard drink per 285ml glass



Wine (10-14% alc/vol)
1 standard drink per 100ml
7.5 standard drinks per bottle



Spirits (37-43% alc/vol)
1 standard drink per 30ml



Champagne (11.5% alc/vol)
1.5 standard drinks per 170ml



Pre-mixed drinks (5% alc/vol)
1.5 standard drinks per 375ml can
1.2 standard drinks per 300ml bottle



Full-strength beer (4-6% alc/vol)
1.5 standard drinks per 375ml can
1 standard drink per 285ml glass

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It doesn't take much to put you over the limit. For men, it's no more than 2 standard drinks in the first hour and 1 each hour following. For women it's no more than 1 per hour. Plan ahead. Don't drink and drive.

TOWARDS ZERO
SPEED AND RED LIGHT
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