

Sober Up

Think you know when you're sober enough to drive..?

“ I've had two beers but I feel sober. I'll be fine driving my friends home – they are more drunk than me.”



THE FACTS >>>

- Just one drink impairs coordination, slows reactions and distorts judgement.
- It creates false confidence, so you're more likely to take risks and think you're in control when you're not.
- Even one small beer affects your reaction times.

“ I don't know how much alcohol is in this drink, or how many will put me over the drink-drive limit.”



THE FACTS >>>

- Many drinks are stronger than you think – just one could put you over the drink-drive limit.
- It's impossible to work out how much will put you over the limit – it varies at different times.
- Your driving skills are affected long before you reach the limit.

“ I'm hungover, but I've had a good night's sleep. After a coffee and breakfast I'll be fine to drive.”



THE FACTS >>>

- There's no way of knowing how long it will take to sober up.
- Sleep, food, fresh air and caffeine don't make you sober up any faster.
- If you need to drive early the next day, any more than two or three drinks is risky

“ I drive after smoking cannabis all the time – it's no big deal. I drive more carefully when I'm stoned.”



THE FACTS >>>

- Cannabis affects your coordination and reactions, and makes you drowsy. Driving more carefully does not compensate.
- Drugs like ecstasy, speed, cocaine and legal highs can make you jumpy, paranoid, confused and overconfident, which can be lethal at the wheel.
- Drugs and alcohol is an especially deadly combination

“ I've had a glass of wine but I need to drive my boyfriend home. It's not far so I'm sure I'll be fine.”



THE FACTS >>>

- If you kill someone when driving on drink or drugs you could face a lengthy jail sentence and a lifetime of regret.
- Or you could be seriously injured or dead yourself.

Drink and drug driving wrecks lives



Gareth Evason, 19, was killed as he was walking home from the pub one night. He was knocked down by a drunk driver who had been drinking in the same pub as him. Gareth's killer was his best friend.

Pledge to never drive on drink or drugs – not a drop, not a drag.

Produced by:

 **Brake**
the road safety charity

Sponsored by:

alcoSense[®]
DIGITAL BREATHALYSER