



Good night out...



Good night's sleep...



Good chance you're still over the limit!

**DON'T TAKE THE RISK.
DON'T TAKE THE CAR.**

Do you know how long it takes to be safe to drive?

www.morning-after.org.uk

If you drink...

- four pints of strong 5% lager (3units per pint)
- six 50ml double spirits (2units per glass)
- four bottles of 4% alcopops (3units per bottle)
- three 250ml glasses of 15%wine (4units per glass)

...you should not drive for at least 13hours from finishing your last drink.

The earliest you could drive would be 1pm the next day if you had your last drink at midnight, as you should add an extra hour when working it out.

It takes about 1 hour for your body to rid itself of each unit of alcohol, but can take much longer.



Alcohol affects co-ordination, reaction times, and increases risk taking. Even very small amounts can affect your ability to drive safely. Don't risk it.

These are only rough estimates, do not risk it by driving.

www.outerhebadp.co.uk Tel: 01851 708923

