



## Prevention and health guidelines for **safe driving**

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You are more likely to be involved in a road accident if you drive under the effects of alcohol. Drinking alcohol causes visual disturbances, image distortion and tunnel vision.

## Blood alcohol level

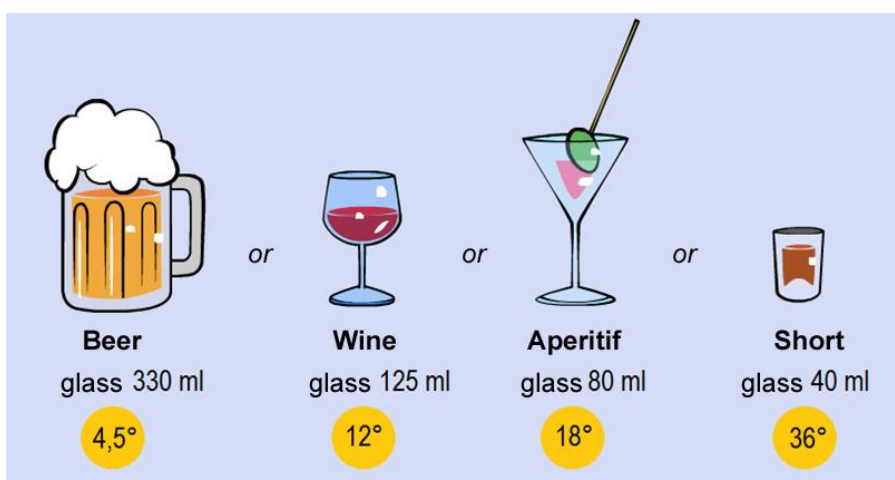
Your blood alcohol level indicates how much alcohol you have in your blood and is measured in grams per litre (g/l). The Highway Code considers acceptable a maximum blood alcohol level of 0.5 g/l.



For anyone who drives with a blood alcohol level of 1.5 g/l the probabilities of having a road accident are increased by up to 380 times!

## Alcohol units

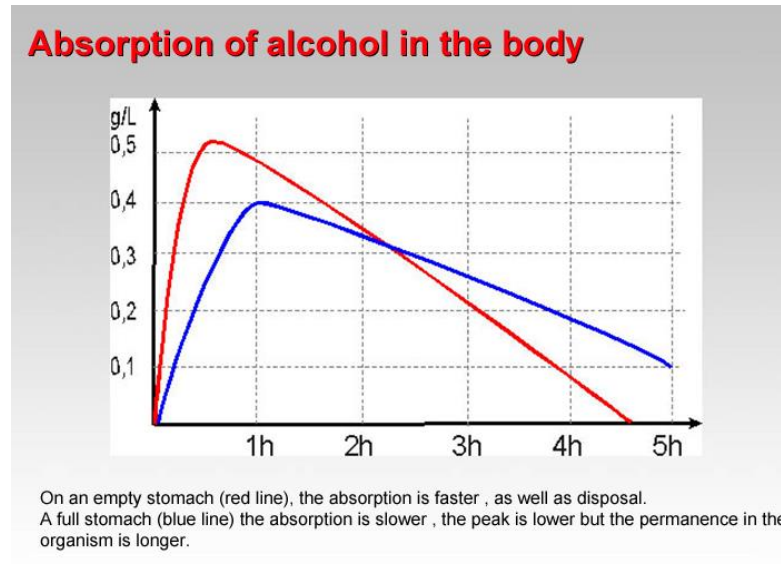
The consumption of alcoholic drinks is measured by alcohol units, which correspond to 12g. The diagram shows the quantity of each drink which contains 12g of alcohol and therefore the alcohol units.



=  
12 grams of alcohol  
=  
1 unit of alcohol

## Absorption and metabolism times

The absorption and metabolism times for alcohol depend on whether it is drunk on a full or empty stomach. This is shown clearly in the graph:



The metabolism times for alcohol are clearly not fast. Consider that to metabolize one unit of alcohol, for example in a glass of wine, the process takes from one to two hours.



If you've had a drink, wait before you get behind the wheel!