

Drugs and Alcohol

Welcome to this **Perfect Driver** course. Throughout this course, we are going to look at the law, skills, techniques, and ideas to help you become a better, and safer driver.

In this lesson, we'll look at **Drugs and Alcohol**.

Drugs and Alcohol



Let's take a closer look at
Drugs and Alcohol and driving.

Drugs and Alcohol

It goes without saying, but driving under the influence of drugs and alcohol is illegal, dangerous, and can cost you your license - or your life.

In this lesson, we'll look at what to watch out for, how much you can drink, and more.



Drugs and Alcohol

The standard alcohol limit for drivers with a full open license in Australia is **0.05**. This figure reflects the percentage of alcohol that makes up your blood.

Police can check your alcohol level with a breath test, or by blood test if required.

Police can administer random breath tests (on the side of the road), as well as test you if they suspect you may be under the influence of drugs and/or alcohol. If you are involved in some sort of accident, you will be breath tested automatically.



Drugs and Alcohol

Random breath testing started in Australia in 1982. Since then, fatal crashes involving alcohol have dropped from about 40 per cent of all fatalities to the 2012 level of 15 per cent.

Police conduct about **5 million breath tests** each year in NSW. Every police car is a mobile RBT.

In most states, police have the power to:

- Stop drivers at random to test for alcohol.
- Arrest drivers who test over the legal limit.
- Require a driver to take a sobriety test in certain circumstances.
- Breath test any driver or supervising driver involved in a crash.



Drugs and Alcohol

The main question is - how much can you drink, and still stay under the legal alcohol limit?

We can provide a standard guide, but there are many factors that influence blood alcohol levels. These include gender, weight, when food was last consumed, when your last drink was consumed, and more.



Drugs and Alcohol

Three standard drinks in one hour will take you very close the legal alcohol limit, if not over it.

This includes 3 middies of beer, three glasses of wine, or 3 spirits in a spirit glass.

Your body is able to remove the effects of around one alcoholic drink per hour. So, if you have had three drinks, waiting for an hour before driving means you have the equivalent of two standard drinks in your system.



Drugs and Alcohol



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Try drinking some water in between or instead of alcoholic drinks.



Drugs and Alcohol

It is not an exact science, which is why it is best to refrain from drinking alcohol at all if you plan to be driving.

If you have had a heavy night of drinking, you may still be over the legal alcohol limit the next morning - and many people have been caught out this way.

Catch a taxi. Or a bus. Or try Uber. Perhaps, if you are going out, organise a designated driver for the night - one of your party who will not drink, and will drive everyone home safely.



Drugs and Alcohol

The punishment for 'drink driving', or driving under the influence is determined by your blood alcohol reading and the courts.

Even low range drink driving (0.05 to 0.08) will generally earn you a six month loss of your license, and a hefty fine. Mid-range and High-range drink driving can result in substantially greater penalties, including jail time for repeat offenders.

Whereas other driving offences, such as speeding, are dealt with by a ticket (an '*on the spot*' fine, as they are called), a drink driving offence almost always results in a court appearance, where a magistrate determines your fate. Drink driving is also a criminal offence.



Drugs and Alcohol

If you are driving with a **Learner's Permit**, or a **Provisional** license, then the maximum blood alcohol limit is **0**.

This means you cannot drink at all before driving. There is no safe level of drinking that will keep you under the limit. So don't try.



Drugs and Alcohol

Quite apart from the legal ramifications, drink driving is incredibly dangerous.

Drink driving is responsible for around 25% of fatalities in motor vehicle accidents.

Alcohol dulls your sense and your reflexes. You are slower to detect any dangerous situations, and slower to react to them. The problem is, that at the time, you may feel fine. You may feel this is not the case. But at the very least, count your drinks to ensure it is safe to drive. Better still, plan ahead so you don't need to drive if you are drinking.



Drugs and Alcohol

Police will periodically run random breath tests on the side of the road. Drivers are pulled over at random, and administered a breath test to determine their blood alcohol reading.

It is an offence to attempt to avoid getting tested in this manner, and it is an offence to refuse to provide a breath sample to be tested.

If a breath test determines you are over the legal limit for alcohol in your blood, you will generally be taken to a police station where a more accurate blood test will be taken to confirm earlier results.



Drugs and Alcohol

It is also illegal to have any open alcohol containers inside a car when you are driving. This does not only apply to containers or bottles being held by you.

This refers to any passengers in your car as well. As the driver, you are the one that will receive the penalty and fine.



Drugs and Alcohol

More and more, police also perform some drug testing alongside alcohol testing. These tests are able to detect almost all common illicit and even prescription drugs in your system.

There is no specific limit related to drug levels in your body. Generally speaking, your licence may be removed from you on the spot should illegal drugs be detected. Your fate will be determined by a magistrate or judge.



Drugs and Alcohol

Some drugs prescribed by your doctor will affect your driving skills and reflexes. Even over the counter medications can also be dangerous when combined with driving.

You'll need to check with your doctor or pharmacist as to whether it is legal or advisable to drive after taking your medication.



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SUMMARY

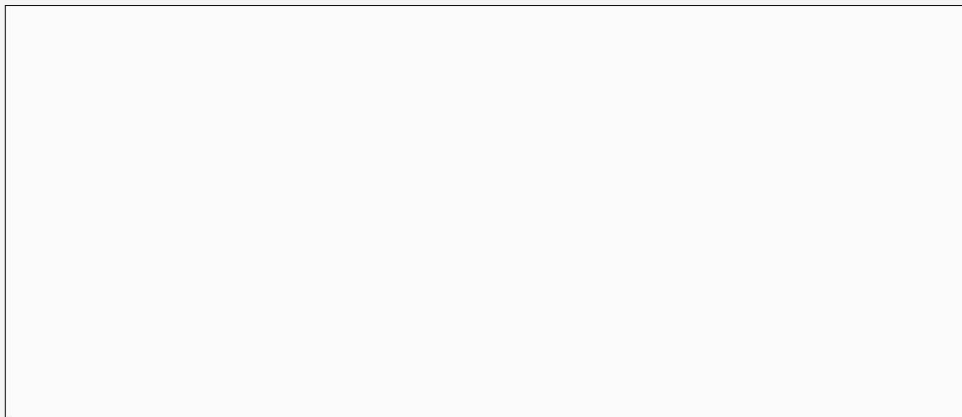
In this lesson, **Drugs and Alcohol**, we discussed:

- Alcohol Limits, Standard Guide, Three Standard Drinks.
- Drunk Simulation.
- Water.
- Plan Ahead, Punishments, Random Breath Testing.
- Lower Limits.
- Drink Driving is Dangerous, Random Breath Testing.
- Open Alcohol Containers.
- Random Drug Testing, Prescription and Over the Counter Drugs.

FINISH LESSON

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Signature. It is very important that you use the mouse, or touch, to *sign* the form below. This helps us record your progress accurately.



SUBMIT SIGNATURE

CLEAR SIGNATURE

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