

Alcohol, drugs and driving

There are risks of driving under the influence of drugs and alcohol as well as getting into a car with someone who is under the influence.

Alcohol is a drug which affects your skills, mood and behaviour. Just a few drinks increases your Blood Alcohol Concentration (BAC) and as BAC increases, so does your risk of being involved in a crash:

- 0.05 – double the risk
- 0.08 – 7 times the risk
- 0.15 – 25 times the risk

Other drugs also impair your driving and mixing one drug with another, or mixing alcohol with other drugs, dramatically increases your risk of crashing if you're stupid enough to try driving.

In NSW it is an offence to drive over the legal blood alcohol concentration limits. For learner drivers, Provisional 1 drivers and Provisional 2 drivers, the BAC limit is zero. That means no alcohol.

Drink driving puts the driver, passengers, pedestrians and other drivers at serious risk of injury or death.

If a person goes out drinking and has a 'big night' they may still be over the legal blood alcohol concentration limits the next day.

It is important to remember that some medicines or mouthwashes contain alcohol (ethanol). Some foodstuffs may also contain alcohol, for example fruitcake, trifle and liqueur chocolates. Consuming large amounts may affect BAC.

