

CARRENTALS.CO.UK – DRIVING TIPS SERIES - No.3 Don't Drink & Drive

Everyone knows drinking and driving is a recipe for disaster, but last year alone 100,000 drivers across the country got caught doing it. Drink driving is dangerous and can impact not just on the driver but also other motorists and pedestrians if they are unlucky enough to get in the way. Read on for some of the facts about drink driving....

- **What is the legal limit?** - The legal alcohol limit in the UK is 80 milligrammes of alcohol in 100 millilitres of blood.
- **The effects of Alcohol** – Alcohol affects people in different ways, but in brief it will slow your reactions, reduce your field of vision, make it more difficult to judge speed and distance, and make you overly confident meaning you will be more likely to take risks.
- **Lunchtime Drinking** – A small drink over lunch is dangerous as it can make you sleepier and impair your driving. Stick to water, juice or any of the many soft drinks now available.
- **Don't risk it** – Even if you think you can handle your drink or have 'only had a couple' don't risk it. Even a single drink will affect your driving performance and judgement.
- **If you're stopped** – If you are stopped by the police you may need to provide a specimen of breath, blood or urine for analysis. If you refuse to do this you can face a six-month imprisonment, a fine of up to £5,000 and disqualification from driving for at least 12 months.
- **Being Charged** – If you're charged with driving, or attempting to drive, while above the legal limit or unfit through drink you face six months' imprisonment, a fine of up to £5,000 and disqualification from driving for at least 12 months (or three years if convicted twice in 10 years).

- **Causing Death** – If you cause death by careless driving when under the influence of drink – or drugs – you will face 14 years' imprisonment, an unlimited fine, disqualification from driving for at least two years and a mandatory extended driving test.
- **The effects outside the law** – The effects of being charged with drink driving go beyond the law. If you are disqualified from driving you will need to rely on friends and family for lifts, or use public transport for everything from getting to work to going to the shops. You could lose your job if you need to drive for work, and with a criminal record it may be harder to find another position.
- **The morning after** – Depending on the amount of alcohol you had to drink you could still be over the legal alcohol limit the next morning. Be cautious, and if you did have a few too many take your time to sober up properly and walk, or get someone else to drive, if you need to go out.

Disclaimer - These tips are not exhaustive and are for information only. Carrentals.co.uk can not be held responsible for any losses incurred as a result of acting on any information contained herein.