

Alcohol and Driving

Alcohol and Driving Guidelines that are available to show how much a person may drink before reaching any given blood alcohol concentration (BAC) should be treated with great caution as they may not be accurate for some people. If you decide that you must drink, please aim to stay a reasonable degree under the limit rather than trying to "accurately" reach it. It is not just your life that could depend on it. The safest option of all is either not to drink any alcohol if driving, or have a designated driver who will consume no alcohol.

Also, be aware that way back in 1992, the World Medical Association recommended that the highest blood-alcohol limit for safety should be 0.05%, not 0.08%! The vast majority of countries do in fact use 0.05% limit, so remember this fact when considering how much you should drink. This entire issue is about lives, not laws, and in the USA alone over 15,000 people a year are killed as a direct result of drivers drinking alcohol.