



Alcohol and Driving

Know your limits

The legal alcohol limit for drivers in England, Wales and Northern Ireland is 80 milligrams of alcohol per 100 millilitres of blood. In Scotland it is 50 milligrams of alcohol per 100 millilitres of blood.

Eliminate any risk

Everyone processes alcohol differently. If you are planning on driving its best to stick to non-alcoholic drinks.

Just the one makes a difference

Alcohol negatively effects our co-ordination and decision making. We are also more likely to take unnecessary risks. If you are planning to drive, don't drink any alcohol.

Alcohol free options

If you still crave the taste, there are many alcohol-free beers and 'mocktails' you could try.

The morning after

It takes the body approximately 1 hour to remove 1 unit of alcohol from your system. If you've consumed a lot of alcohol the night before remember you may still be over the legal limit to drive the morning after.