

Your Safe Drinking Guide

HOW MANY STANDARD DRINKS WILL KEEP YOU UNDER THE .05 LIMIT?

MEN

FIRST HOUR

2

EVERY HOUR
AFTER THAT

1

This is a guide only, everyone is different

WOMEN

1

FIRST HOUR

1

EVERY HOUR
AFTER THAT

and it can be less than the stated amounts!

STANDARD DRINKS GUIDE



or



or



1 Full Strength Beer
285ml middy/pot
(4.9%Alc/Vol)

2 Low Strength Beers
285ml middy/pots
(2.7%Alc/Vol)

1 100ml Glass of
Wine/Champagne
(12%Alc/Vol)



or



=

1 30ml Nip of Spirits
(40%Alc/Vol)

1 60ml of Fortified Wine
(20%Alc/Vol)

**One
Standard
Drink**
(10 grams
alcohol)

CHECK FOR STANDARD DRINK INFORMATION ON BOTTLES AND CANS.

ALCOHOL – UNDERSTANDING YOUR LIMIT

- There are no set guidelines when it comes to alcohol.
- No two people are the same – alcohol effects us all in different ways.
- There is no way to hasten the reduction of alcohol levels in the body.
- Cold showers, strong coffee, a big meal – do not lower your alcohol level, but eating food before drinking will slow the effects of alcohol.
- Neat spirits can take longer to raise blood alcohol than beer or wine.

SOME USEFUL TIPS

- Alcohol is eliminated from the body at a rate of approximately 1 standard drink per hour - so if you drink 10 drinks it will take at least 10 hours to eliminate entirely from your system, not to mention the damage it does.
- Pace your consumption and drink plenty of water in between drinks.
- If in doubt **DO NOT DRIVE**, operate machinery or go onto a worksite.
- If you are up late drinking you may still be 'over the limit' in the morning.

USING A BREATHALYSER

- Not all breathalysers are the same and some cannot be relied upon.
- Select a unit that uses a quality electrochemical fuel cell and not an oxide sensor/semi-conductor.
- ALWAYS wait at least 20 minutes after your last drink before testing.
- ALWAYS wait another 20 minutes after the first test and then re-test to see if your alcohol levels are rising or falling.
- Ensure the unit you use has a calibration sticker to show it is in calibration, units that are not in calibration should not be used.

FURTHER INFORMATION

- There is much more you need to know if conducting workplace screening for alcohol (e.g. There is no such thing as absolute ZERO [0.000%] when it comes to breathalysers).
- For advice and assistance including equipment recalibrations call CMM Technology™ on 1300 79 70 30.

