

ALCOHOL AND DRUGS

(Ref: Highway Code, p29-30¹)

Do not drink and drive as it will seriously affect your judgement and abilities. You **MUST NOT** drive with a breath alcohol level higher than 35 microgrammes/100 millilitres of breath or a blood alcohol level of more than 80 milligrammes/100 millilitres of blood. Alcohol will

- give a false sense of confidence
- reduce co-ordination and slow down reactions
- affect judgement of speed, distance and risk
- reduce your driving ability, even if you're below the legal limit
- take time to leave your body; you may be unfit to drive in the evening after drinking at lunchtime, or in the morning after drinking the previous evening

The best solution is not to drink at all when planning to drive because any amount of alcohol affects your ability to drive safely. If you are going to drink, arrange another means of transport.

You **MUST NOT** drive under the influence of drugs or medicine. Check the instructions or ask your doctor or pharmacist. Using illegal drugs is highly dangerous. Never take them if you intend to drive; the effects are unpredictable, but can be even more severe than alcohol and may result in fatal or serious road crashes.

Penalties

The penalties for driving while unfit through drink or drugs or with excess alcohol: or failing to provide a specimen for analysis are:

- up to six months in prison
- up to a £5,000 fine
- obligatory ban from driving
- 3 – 11 points on the driving license (if exceptionally not disqualified)

The penalties for causing death by careless driving under the influence of drink or drugs are:

- up to 14 years in prison
- an unlimited fine
- an obligatory ban from driving 2 years minimum
- 3-11 points on the driving license (if exceptionally not disqualified)