

# Think! Sobering Drink Drive Facts

If you drive at twice the legal alcohol limit you are at least **30 times** more likely to cause a road crash, than a driver who hasn't been drinking!

Any amount of alcohol affects your ability to drive. There is no fool proof way of drinking and staying under the limit or of knowing how much an individual person can drink and still drive safely.

The amount and type of alcoholic drink and your weight, sex, age and metabolism will all play their part.

**YOU CAN'T CALCULATE YOUR ALCOHOL LIMIT, SO DON'T EVEN TRY!** Sobering up tricks **DO NOT** work.

In 2010, in Greater Manchester, there were 3860 positive breath tests/arrests for drink driving and 212 collisions occurred where the driver/rider was found to be positive. If you think you won't get caught, you're wrong.

#### If you're convicted of drink driving:

- ✓ You'll have a criminal record
- ✓ You won't be allowed to drive for at least a year
- ✓ You could lose your job
- ✓ You will have higher insurance costs
- ✓ Your driving licence will be endorsed for 11 years.

If you have been out drinking the night before, you may still be affected by alcohol the next day.

Even though you may feel OK when you get up, you may be over the legal alcohol limit or unfit to drive and could still lose your licence. It's impossible to get rid of alcohol any faster. A shower, cup of coffee, or other ways of 'sobering up' will not help. It just takes time.



Remember, if you're having a drink - you can never calculate how safe or sober you are  
**DON'T TAKE THE RISK!**

# Winter Checklist

## Are you ready for winter?

To prepare for the winter, you should plan ahead and do some basic maintenance checks on your vehicle:

- ✓ Before you set off on your journey, prepare for the all types of weather conditions including ice, snow and fog.
- ✓ Clear your windscreen and lights fully before you set off.
- ✓ Clear any snow off the roof of your vehicle before you set off. It can slip down over the windscreen and obscure your view.
- ✓ It can take ten times longer to stop in icy conditions than in dry, fine weather, so drive slowly and keep your distance.
- ✓ Always tell someone where you are going, and make sure that you keep essential items in your car in case of a breakdown such as; a blanket, some warm clothing and a torch.
- ✓ Winter sun is also extremely bright and dazzling, so always keep a pair of sunglasses in the car and on long journeys ensure you take regular breaks as tiredness can kill.
- ✓ Make sure you have de-icing equipment, car blanket, first aid, enough fuel, shovel, hazard warning triangle or similar, high visibility jacket.
- ✓ If you start to skid then ease off the accelerator, but do not brake suddenly.
- ✓ Finally, ensure that your tyres are kept to the correct pressure and check them regularly.



**On a continual basis throughout the winter months, you should factor in extra preparation time for each journey to ensure that your vehicle is fit for the road.**