

# DRINK DRIVING

A Breath or Blood Alcohol Concentration (BAC) of 0.05 doubles your risk of being involved in a crash. Drive with a BAC of 0.08 and you're seven times more likely to have a crash, at 0.15 you're 25 times more likely to crash.

Between 2003 and 2012, alcohol was a factor in 239 deaths on Territory roads. A large portion of drivers involved were high-range drink drivers with BAC of over 0.15 – three times the legal limit.

## How does alcohol affect the driver?

Drink drivers involved in fatal accidents are far more likely to have been speeding or not wearing a seatbelt than sober drivers. Alcohol affects:

- decision-making
- reaction times
- speed and distance judgements
- concentration
- balance
- perception and alertness.

Drinking also increase risk-taking behaviour by giving a driver a false sense of confidence.

## Know your limit

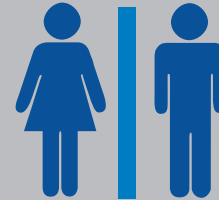
Standard drinks contain approximately 10g of alcohol. A 100ml serve of wine or a 375ml mid strength beer contain approximately 1 standard drink.

### Quick Fact

Alcohol contributes to 50 percent of the NT's road deaths and 30 percent of serious injuries on average per year.

Its best if you don't drink anything, however to help stay under the BAC limit, and as a guide:

Females:  
1 standard  
drink every  
hour



Males:  
2 standard  
drinks in the  
first hour, and  
1 every hour  
after that

BAC is a measurement of the amount of alcohol in the body. Your BAC can be affected by many factors including your age, size, level of fitness, food you've eaten and any medication you may be taking.

## What are the penalties?\*

For licence holders with zero alcohol conditions (e.g. L or P)

- \$400 + 3 demerit points

For other licence holders:

- 0.05 < 0.08 - \$400 + 3 demerit points
- 0.08 < 0.15 - \$1080
- 0.15 or more - \$1440

*\*All drink driving penalties may include additional court imposed fines or goal and disqualification periods.*


## Get home safely

If you're going to drink, don't drive! Plan how you will get home. Stay overnight or arrange a Sober Bob.

Sober Bob is someone who is willing to get you home safely, he can be the bus driver, taxi driver, mum, brother or girlfriend.

## Further Information

For further information contact Road Safety on:

 1800 720 144

 roadsafety@nt.gov.au

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