



## Don't drink and drive



By NZ Police Sergeant Paul Devane - November 28<sup>th</sup> 2014

### **Two of New Zealand's great loves will clash from midnight on Sunday.**

Kiwis suffer from something of a drinking culture. We also have a love affair with the motor vehicle. So I am hopeful that you will be well aware that a new law is being introduced, lowering the alcohol limit for driving a motor vehicle.

It may be timely to remind ourselves of the dangers of drinking and driving, particularly with the festive season rapidly approaching. The drink drive limit is being lowered for all drivers aged 20 years and over.

- The current level of 400 micrograms of alcohol per litre of breath lowers to 250 micrograms.
- The related blood alcohol limit of 80 milligrams (0.08) of alcohol per 100 millilitres of blood is being lowered to 50 milligrams (0.05).

Alcohol increases both the likelihood of a crash occurring and the seriousness of the injury sustained. As the blood alcohol level rises, the risk of crash involvement rapidly increases.

Alcohol contributes to around 30 per cent of road crashes involving death. But it's not just fatalities. Typical crash injuries include fractures, spinal injuries, brain damage, and serious internal injuries.

### **So how much can you drink and legally drive?**

Remember no two people are the same. It depends on your gender, size and age. How much you have eaten and how tired you are will also be factors.

How your body deals with alcohol will be completely different from somebody else. Police advice is simple

- Even small amounts of alcohol affects your driving.
- If you drink at all, don't drive.
- Have a plan.
- Think ahead.
- Call a taxi.
- Store the taxi telephone number in your cell phone.
- Maybe take a bus.
- Get someone who hasn't been drinking to drive you home.

We want to prevent deaths and serious injuries on the road and you can help us achieve that. Stop your mates and family driving drunk.

