

Alcohol and Driving Fact Sheet



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The Sobering Facts!

-.08 is the presumptive level of intoxication for most states. That is roughly 4 drinks in a one hour period!

-One drink is about .02 on the BAC scale. That is for a person that weighs roughly 160 lbs.

-Alcohol is depressant not a stimulant! It depresses the central nervous system and eventually induces sleep.

-It takes the body one hour to remove one drink from your system

-90% of Alcohol is oxidized in the liver. Only 10% leaves the body through sweat and your breath

-Time is the only way to reduce your BAC (one hour for each drink).

-Eating the right foods can slow down your alcohol absorption rate. Carbohydrates are the best absorbers of alcohol!

-Experience with alcohol, your weight and mood all affect the way you will behave under the influence of alcohol.

-Alcohol has no nutritional value; however it does contain calories!

-Alcohol consumed in excess can cause bodily damage

DWI Arrest

1. Officer pulls you over with probable cause. A probable cause could be anything from a headlight out or for going too fast. There are many probable causes!
2. Officer will look in your car to see or smell for the presence of alcohol.
3. Officer will ask for license, registration and insurance. At this time he/she will observe your manipulative skills. Manual dexterity.
4. You may be asked to submit to a physical sobriety test or perhaps be administered a roadside breath test.
5. If you fail any of these tests you could be arrested for suspicion of driving under the influence or DWI.
6. You will be given the breathalyzer test. If you refuse your license will be revoked due to implied consent laws.
7. The number you register on the breath machine is the BAC that will be used against you in a court of law.

The average cost for a DWI/DUI in this country is around \$10,000 dollars when you factor in insurance costs, lawyers fees, lost wages, fines, license reapplication fees, required DWI class fees etc. etc.

How to Combat Drinking and Driving

1. Take a Taxi home or use Uber
2. Let a non-drinker drive
3. Walk home
4. Spend the Night
5. Call someone to pick you up
6. Use a designated driver
7. Call Safe Ride
8. Sleep it off