

You will learn about:

- Costs of drink driving – for you and others;
- How alcohol affects your reaction time and increases the risk of a crash;
- Standard drinks and how many you can have before driving;
- Options and strategies to avoid drink driving;
- How Alcohol Ignition Interlocks work;
- Gains and Losses from drinking alcohol;
- How stress can make people drink more than they should;
- How to handle the ‘shout’ and avoid drink driving.

What is a Standard Drink?



REMEMBER



A **375ml can** of pre-mix spirits **5% alc/vol** (eg rum and coke) is **1.5 standard drinks**.



A **300 ml bottle** of pre-mix spirits **5% alc/vol** (eg alcopops) is **1.2 standard drinks**.

Always check the label for the alcohol content

A GUIDE ONLY

how many standard drinks to help stay under .05?	
This is a guide only. Some people can manage less .	
men	women
first hour 2	1 first hour
every hour after that 1	1 every hour after that
ALCOHOL GO EASY. Department of Infrastructure, Transport, Regional Development and Local Government	

www.utl.carrsq.qut.edu.au

UNDER THE LIMIT

Drink Driving Rehabilitation Program

The *Under the Limit* Program is a drink driving rehabilitation program designed to help you to avoid drink driving.

If you have decided to complete the program, you will have been placed on a Probation Order with a special condition that you undertake the *Under the Limit* program.

You will also have to report to a Probation and Parole Officer (PPO).



A program of the Centre for Accident Research & Road Safety – Queensland (CARRS-Q), in collaboration with a departmental team including Magistrates, Community Corrections, Transport, TAFE and Police.



Under the Limit **program facilitators** are people from the general community who have been trained to deliver the program to people like yourselves.

They are there to help you learn about ways to avoid drink driving in the future.

Classes usually have small groups of 8 to 10 people who work together with the facilitator.

The *Under the Limit* Program is managed by the Centre for Accident Research and Road Safety – Queensland (CARRS-Q) which is based at the Queensland University of Technology in Brisbane.



You will have to attend your nearest TAFE college for **1½ hours one night each week for 11 weeks.**

Your Probation and Parole Officer (PPO) will inform you of possible dates, times, and locations of available *Under the Limit* programs which are conducted at the local TAFE college.

If you have any questions or concerns about your attendance each week, you should speak with your PPO, **NOT** the program facilitator.

The special condition on your Probation Order requires you to:

- **pay** the program fees;
- attend **all** sessions and **on time**;
- take part in **all** program activities including the completion of a weekly drink tracker;
- attend sessions with **NO ALCOHOL** in your system (BAC – **.00**); and
- attend sessions **not under** the influence of an illegal drug.