

TEST YOUR KNOWLEDGE

1. How long does it take your body to get rid of the alcohol in TWO PINTS of ordinary beer?
 - a) 2 hours
 - b) 3 hours
 - c) 4 hours
2. Which of these sober you up the quickest?
 - a) Drinking black coffee
 - b) Taking a cold shower
 - c) Getting some fresh air
 - d) Vitamin C
 - e) Eating a hot curry
 - f) None of them
3. Which of the following effects how quickly you get drunk?
 - a) Your weight
 - b) Time of your last meal
 - c) Mixing your drinks
4. Women get drunk more easily than men

True False
5. Which contains more alcohol?
 - a) Half a pint of ordinary beer
 - b) Half a pint of cider
 - c) Glass of table wine
 - d) A single pub measure of Gin and Tonic
6. If you have two glasses of table wine with a meal, followed by one and a half pints of ordinary beer and then a double whiskey, how many units of alcohol will you have consumed?
 - a) 5
 - b) 7
 - c) 8
7. What is the legal limit for driving in N. Ireland? (The legal limit for the alcohol content of 100ml of your blood)
 - a) 50 milligrammes
 - b) 80 milligrammes
 - c) 100 milligrammes
8. If you have had a good night's sleep after an evening of heavy drinking you are unlikely to be over the legal drink driving limit the next morning.

True False
9. Most of the drink driving offences occur around Christmas and New Year.

True False
10. Alcohol is a drug which affects the way the brain works.

True False

ANSWERS:

1. C. 4 hours. The alcohol in one pint of ordinary beer equals TWO UNITS of alcohol and takes TWO HOURS to filter out of the body i.e. ONE UNIT PER HOUR.
2. None of them! No amount of artificial stimulation will speed up the process of removing alcohol from your body. ONLY TIME.
3. A and B. A bigger person will absorb alcohol more slowly than a small, lighter person and alcohol takes effect quicker on an empty stomach.

4. True. Women are usually smaller than men and pound for pound weight their bodies contain less volume of fluids. This means that alcohol concentrates more quickly in their bodies.
5. C. A glass of table wine.
6. C. 8. Two glasses of table wine = 3 units.
7. B. 80 milligrammes of alcohol per 100 millilitres of blood. When measured in a breath test this is equivalent to 35 microgrammes of alcohol per 100 millilitres of breath.

8. False. If you go to bed at midnight having drunk 8 pints of ordinary beer or the equivalent in other drinks (i.e. 16 units) you will still be over the legal limit if you drive before 10am the next morning.
9. False. Drinking and driving is a year round problem. The peak months tend to be in the early summer rather than at Christmas.
10. True. Alcohol like other depressant drugs slows down the working of the brain, affecting our judgement, how we think and react.