

# Random Roadside Breath Testing.



Driving safely needs your full attention

You must be:



mentally alert



able to see clearly



well-coordinated

## What is BAC?


The level of alcohol in your bloodstream is called blood alcohol concentration (BAC).

BAC is what police test for in roadside alcohol breath tests.

A BAC of 0.05% (point 0 five) means there is 0.05g of alcohol in every 100ml of blood. This is the legal limit for driving in Australia.

To avoid driving under the influence, your BAC must be under 0.05%.

## How are roadside tests done?

You'll be asked:  to show your driver's licence  if you have had anything to drink

You will then undergo a preliminary breath test on a hand-held device. This device records if alcohol is present on the breath. A disposable mouthpiece is used for each test.



The test takes around 1 minute to get the result.

If you test negative or below 0.05, you will be free to go.



If the test comes back positive, you'll be advised of this and will be required to take a breath analysis test.

## Tips for driving safely

If you intend to drive, the safest option is to not drink.

If you do decide to drink, keep your blood alcohol level below 0.05 by:



drinking zero- or low-alcohol drinks



have something to eat before and during drinking.



keeping an eye on the number of standard drinks you consume each hour. Standard drinks are a good way to keep track of how much you're drinking, you can check the label or ask the bar staff.

## How many standard drinks can I have to stay below 0.05?



**For men of average size:** no more than 2 standard drinks in the first hour and 1 drink per hour after that.



**For women of average size:** no more than 1 standard drink per hour.

This is only a guide. You might still register above 0.05% even if you follow this.



Don't forget



In all states and territories, learner (L) and probationary (P) drivers must have a BAC of 0.00 (zero)



Alcohol affects everyone differently based on:



size, weight and health



if the person is used to taking it



if other drugs are taken around the same time



the amount drunk



the strength of the drink