



POLICE ASSOCIATION OF NEW SOUTH WALES

PO Box A1097, Sydney South, NSW 1232

PHONE: (02) 9265 6777 FAX: (02) 9265 6789

EAGLENET 57071

Tuesday 24th June 2014

Don't get caught out the morning after

The Police Association of NSW (PANSW) today welcomed the National Roads and Motorists' Association Members (NRMA) new initiative, *Speak Out* calling for an education campaign about the risks of getting caught drink driving the morning after drinking.

An NRMA survey of almost 740 Members found 90 per cent of people who drink believed there is not enough community education to help drivers monitor if they are over the blood alcohol limit the morning after drinking.

The survey found almost one-quarter (23%) know someone who was caught over the legal blood alcohol limit the morning after drinking, while almost 40 per cent (37%) have noticed an increase in RBT units in their local area on the mornings of weekends and public holidays.

Alarming, only 18 per cent of drinkers surveyed claimed they had a definite understanding about their blood alcohol limit the morning after drinking.

Police Association President, Scott Weber, said "Many drivers overestimate the speed at which the body can rid itself of alcohol. Because you're less drunk than you were, it's very easy to make the mistake of thinking you're fit to drive.

"You could be getting into your car over the drink drive limit without even realising. People are failing to understand that just because you've been to sleep; it doesn't mean you're no longer affected by alcohol. Many drivers who would not consider driving after a night in the pub don't recognise the influence of alcohol on their body the next day, or simply choose to ignore its effects.

"While many factors can vary between individuals, and this requires more information, it is recommended at the very least you wait one hour for every standard drink consumed the night before.

"We need to wake up to drink driving 'the morning after', police officers don't want alcohol-impaired drivers on the road in the morning when there's one of the highest amounts of traffic. It's clear from NRMA research that Australians generally have a very poor understanding of how long it takes for alcohol to be eliminated from the body.

"This is why the NRMA Member-based push for more education around morning-after drink driving should be applauded. The PANSW looks forward to supporting *Speak Out*, as both an education campaign and grassroots platform for sharing ideas and solutions on this and many other important community issues."

Media contact: Alison McLaughlin, 0414 918 470

(More information: The public can access *Speak Out* at www.mynrma.com.au/speakout. *Speak Out* will enable individuals and community groups to organise and mobilise around issues they want the NRMA to fight for on their behalf.)

PRESS RELEASE