



## 5 ways to NOT lose your licence this Spring Racing Carnival

*Strategy.  
Action.  
Results.*

Having a couple of drinks and being “a little bit over” means you can still lose your driver’s licence, find your car is impounded, cop a hefty fine and have to fit an interlock device. To help you get through this Spring Racing Festival here are 5 tips to follow to ensure you keep your licence and still have a great time. Leave your car keys at home and take a taxi or Uber to where you are going. That way you won’t be tempted to hop in the car to drive home after you’ve had one too many. If you do need to drive somewhere, let your friends know you’ll be the designated driver and stick to the non-alcoholic drinks. You’ll earn some great brownie points for the next time you go out as a group when someone else can drive. If you want to have a few drinks and drive home, stick to one standard drink per hour and have plenty of other non-alcoholic fluids in between. One standard drink is approx. 100ml of wine and 285ml of full-strength beer. Guidelines recommend no more than four standard drinks on a single occasion. If you intend to consume alcohol and drive, make sure you have a personal breathalyser with you. Even if you follow all the guidelines, your BAC (blood alcohol content) can vary depending on how much you’ve eaten, your body weight, etc. Checking your BAC half an hour after your last drink will be a good indicator if you are under 0.05. Keep checking every 10 minutes to make sure it’s on the way down, not up! If you have had a lot to drink and hop in the car the next morning, check your BAC with a breathalyser because it’s not uncommon for drivers to get caught being over the limit the next day. If you are a P-plate driver you can’t even show 0.01% BAC. When selecting a personal breathalyser, look for one with a fuel-cell sensor as they are more accurate and ensure it shows the BAC with an accuracy of +/-0.005%. It should also be certified to Australian Standard AS3547. Victoria Police is sure to have a blitz on, especially around the Melbourne Cup ‘long’ weekend so ensure you aren’t among the hundreds of drink drivers picked up following a major sporting event. All AlcoSense personal breathalysers from Andatech are slim and lightweight and fit into the palm of your hand. They also come with a lifetime guarantee\*. Prices start from just \$219, which is a low-cost and valuable insurance policy that takes the guesswork out of knowing your BAC reading — before the police pull you over to test it for themselves! [www.andatech.com.au](http://www.andatech.com.au) Ends Note: BAC refers to blood alcohol concentration or blood alcohol content and describes the percentage of alcohol present in an individual’s bloodstream at a particular point in time. It is the key variable that determines whether law enforcement can legally arrest a driver for impairment. Government Research: <https://www.nhmrc.gov.au/about-us/publications/australian-guidelines-reduce-health-risks-drinking-alcohol> \* A three-year warranty is extendable up to a lifetime as long as the unit is calibrated every six months. This is provided under the ‘AlcoSense Guarantee’, which applies to all Andatech breathalysers. <https://www.andatechdistribution.com.au/pages/alcosense-guarantee> About Andatech: Andatech is a 100% Australian owned company that designs, supplies, supports and services safety and wellness products including high quality alcohol and drug testing equipment, and air quality products. The company has the widest range of Australian Standard-certified breathalysers in Australia, which are designed for personal use, in workplaces, at hospitality venues (wall mounted) and as car interlock devices. Drug testing kits cover saliva and urine testing of 7 drug groups providing error-free results. Air quality products include dehumidifiers, air purifiers, humidifiers and aroma diffusers. <https://www.andatech.com.au/> Media enquiries: Wendy McWilliams, WMC PR, T: 03 9803 2588 / 0421 364 665 E: [wendy@wmcpr.com.au](mailto:wendy@wmcpr.com.au) Selection of high res photos available.

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