Guidelines for Adults

- For healthy men and women, drinking no more than two standard drinks on any day reduces your risk of harm from alcohol-related disease or injury in the long term.
- Drinking no more than four standard drinks on a single occasion reduces the risk of alcohol-related injury arising from that occasion (short term).

The National Health and Medical Research Council released the national guidelines “Australian guidelines to reduce health risks from drinking alcohol” in March 2009.
What is a Standard Drink?

- A standard drink is one that contains 10 grams of alcohol.
- Different types of alcohol (e.g. beer, wine and spirits) all contain different percentages of alcohol.
- This can make it hard to determine how many mls of different types of alcoholic drinks is equal to one standard drink.
Standard Drinks

- Beer

1.4
375ml
Full Strength
4.8% Alc. Vol

0.8
375ml
Low Strength
2.7% Alc. Vol

1.1
285ml
Full Strength
4.8% Alc. Vol

0.6
285ml
Low Strength
2.7% Alc. Vol
Standard Drinks

- Wine

1. 100ml Standard Serve of Red Wine 13% Alc. Vol
2. 0.9 100ml Standard Serve of White Wine 11.5% Alc. Vol
3. 1.4 150ml Average Restaurant Serve of Champagne 12% Alc. Vol
Standard Drinks

- Spirits

1. 30ml High Strength Spirit Nip 40% Alc. Vol
1.2 330ml Full Strength RTD* 5% Alc. Vol
1.5 375ml Full Strength Pre-mix Spirits 5% Alc. Vol
Blood Alcohol Concentration (BAC)

- BAC is the amount of alcohol in your bloodstream.

- BAC levels depend on how many alcoholic drinks you consume.

- BAC is measured by a breathalyser or by analysing a sample of blood.

- It is measured by the number of grams of alcohol in 100ml of blood.
Blood Alcohol Concentration (BAC)

- The legal limit of BAC to be able to drive in Victoria for fully licensed drivers is 0.05.
- L and P plate drivers must have a BAC of 0.
Blood Alcohol Concentration (BAC)

- To ensure drivers are under the limit it is advised that they follow these drinking guidelines:
  - MEN: no more than two standard drinks in the first hour and no more than one standard drink every hour after that
  - WOMEN: no more than one standard drink in the first hour and no more than one standard drink every hour after that