



## Module 2

### Alcohol and its effects

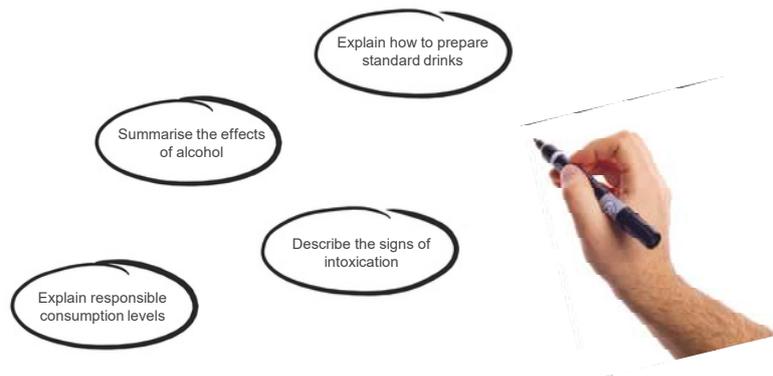
Start Module



*(Note: Click the  button to play the slide.)*

## Module learning objectives

At the end of **Module 2: Alcohol and its effects**, you will be able to:



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### Voiceover

At the end of Module 2: Alcohol and its effects, you will be able to:

- Explain how to prepare standard drinks
- Summarise the effects of alcohol
- Describe the signs of intoxication, and
- Explain responsible consumption levels.

## What is alcohol?

What is alcohol? → Common name for ethyl alcohol or ethanol + "liquor"

Drug that acts as a **depressant**, directly affecting the **central nervous system**, retarding the part of the **brain** that controls **behaviour**



**Defined as:** "a spirituous or fermented fluid of an intoxicating nature intended for human consumption"



Preservative or medium in which fruit is offered for sale



Methylated spirits

### Voiceover

So what is alcohol? Alcohol is the common name for ethyl alcohol or ethanol, and can also be referred to as liquor. It is a drug that acts as a depressant, directly affecting the central nervous system, retarding the part of the brain that controls behavior.

Alcohol or liquor can generally be defined as "a spirituous or fermented fluid of an intoxicating nature intended for human consumption". It does not include a fluid, that would otherwise be liquor, if it is used merely as a preservative or medium in which fruit is offered for sale to the public in sealed containers and with the contents visible. Methylated spirits is not liquor because it is not intended for human consumption and it is methyl alcohol, not ethyl alcohol.

## What are the types of alcohol?

Each type of alcohol has a **different strength**

Measured by how much alcohol (or ethanol) is in the beverage



2.7%-4.8%



11.5%-13%



17.5%



40%

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### Voiceover

Each type of alcohol has a different strength. The strength of alcohol is measured by how much alcohol (or ethanol) is in the beverage, and it is represented as a percentage.

For example:

- Beers can have a strength of 2.7% to 4.8%
- Wines typically have strengths ranging from 11.5% to 13%
- Fortified Wines, such as Sherry and Port can typically have a strength around 17.5%, and
- Spirits such as Scotch, Rum, Bourbon and Vodka have strengths in the range of 40%

## What is a standard drink?

The Standard Drink rule should be used as a yardstick to measure responsible alcohol consumption

1 standard drink  10gm pure alcohol

Let's discuss the different types of drinks and how they equate to a standard drink (10gm of alcohol):

You should also view the [Standard Drinks website](http://www.alcohol.gov.au/internet/alcohol/publishing.nsf/Content/standard)  
(url: <http://www.alcohol.gov.au/internet/alcohol/publishing.nsf/Content/standard>)

### Voiceover

The Standard Drink rule should be used as a yardstick to measure responsible alcohol consumption. Regardless of the type of drink, one standard drink contains 10 grams of pure alcohol.

Let's discuss the different types of drinks and how they equate to a standard drink (10gm of alcohol):

You can also click the link to view a web-page about Standard Drinks.

## Standard drink vs. Standard size glass

1 standard drink  $\neq$  Standard glass size

Wine is often served in a 200ml glass

Cocktails usually contain multiple nips

Most RTDs contain more than one standard drink

Most boutique bottled beers contain more than one standard drink

2 stand drink

60ml of vodka + 30ml of Cointreau = 3 standard drinks

Must state the number of standard drinks they contain and the percentage of alcohol

This is the law



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### Voiceover

It's important to remember that one standard drink is not the same as a standard size glass, for example:

- Wine is often served in a 200ml glass even though a standard drink for wine is 100ml, so a standard glass would equal two standard drinks.
- Cocktails usually contain multiple nips of different spirits even though a standard drink for spirits is one 30ml nip. For example, a Cosmopolitan cocktail that contains 60ml of vodka and 30ml of Cointreau, would equal three standard drinks.

Most 'ready to drink' or RTDs contain more than one standard drink based on the spirit with the mixer and most boutique bottled beers contain more than one standard drink. All cans, bottles and casks of liquor sold in Australia must state the number of standard drinks they contain and the percentage of alcohol by volume in the container. This is the law.

### Standard Drink Values of typical drinks:



2.7% strength

#### LOW STRENGTH BEER

285ml glass	375ml glass	425ml glass
0.6 standard drinks	0.8 standard drinks	0.9 standard drinks

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### Voiceover

Standard Drink Values of typical drinks

Low strength beer ranges between 0.6 to 0.9 standard drinks depending on the size of the glass

### Standard Drink Values of typical drinks:



3.5% strength

#### MID STRENGTH BEER

285ml glass	375ml glass	425ml glass
0.8 standard drinks	1.0 standard drinks	1.2 standard drinks

#### Voiceover

Mid strength beer ranges between 0.8 to 1.2 standard drinks depending on the size of the glass

### Standard Drink Values of typical drinks:



4.8% strength

#### FULL STRENGTH BEER

285ml glass	375ml glass	425ml glass
1.1 standard drinks	1.4 standard drinks	1.6 standard drinks

#### Voiceover

Full strength beer ranges between 1.1 to 1.6 standard drinks depending on the size of the glass

### Standard Drink Values of typical drinks:



11.5% strength

#### WHITE WINE

100ml serve	150ml restaurant serve	750ml bottle
0.9 standard drinks	1.4 standard drinks	6.8 standard drinks

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#### Voiceover

White Wine ranges between 0.9 to 1.4 standard drinks depending on the size of the glass, and is approximately 6.8 standard drinks for a full 750ml bottle

### Standard Drink Values of typical drinks:



12% strength

#### CHAMPAGNE

150ml  
restaurant  
serve

1.4  
standard  
drinks

750ml  
bottle

7.1  
standard  
drinks

#### Voiceover

Champagne is typically 1.4 standard drinks for a restaurant size glass, and is approximately 7.1 standard drinks for a full 750ml bottle

### Standard Drink Values of typical drinks:



13% strength

#### RED WINE

100ml serve	150ml restaurant serve	750ml bottle
1.0 standard drinks	1.5 standard drinks	7.7 standard drinks

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#### Voiceover

Red Wine ranges between 1.0 to 1.5 standard drinks depending on the size of the glass, and is approximately 7.7 standard drinks for a full 750ml bottle

### Standard Drink Values of typical drinks:



17.5% strength

#### PORT

60ml serve	2L cask
0.8 standard drinks	28 standard drinks

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#### Voiceover

Port is typically 0.8 standard drinks for a 60 ml serve, and is approximately 28 standard drinks in a 2L cask.

### Standard Drink Values of typical drinks:

#### HIGH STRENGTH SPIRITS



40% strength

30ml nip

1  
standard  
drinks

700ml  
bottle

22  
standard  
drinks

#### Voiceover

High strength spirits are typically 1 standard drinks per nip, and approximately 22 standard drinks for a full 700ml bottle

## Standard Drink Values of typical drinks:

### HIGH STRENGTH PRE-MIX SPIRITS



7% alc.vol. strength

300ml can	375ml can	440ml can
1.6 standard drinks	2.1 standard drinks	2.4 standard drinks

You should also view the [Standard Drinks website](http://www.alcohol.gov.au/internet/alcohol/publishing.nsf/Content/standard)  
(url: <http://www.alcohol.gov.au/internet/alcohol/publishing.nsf/Content/standard>)

### Voiceover

Pre-mix spirits range between 1.6 to 2.4 standard drinks depending on the size of the can.

Please click on the link to the website about Standard Drinks, for more information.

## Liquor measurements

Licensees **may** use a measuring instrument for pouring spirits however this is not legislated in NSW unless it is a specific condition of the venue's license..



You should also view the [Standard Drinks website](http://www.alcohol.gov.au/internet/alcohol/publishing.nsf/Content/standard)  
(url: <http://www.alcohol.gov.au/internet/alcohol/publishing.nsf/Content/standard>)

### Voiceover

Licensees may use a measuring instrument for pouring spirits however this is not legislated in NSW unless it is a specific condition of the venue's license..

Please click on the link to the website about Standard Drinks, for more information.

## The Impacts of Alcohol

### Short-term effects

The risk of harm associated with drinking on a **single day**...



### Long-term effects

**Health risks** of drinking at harmful levels; can be compounded by effects of...



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### Voiceover

Now that you know about the types of alcohol and standard drinks and measures, let's look at the effects and impacts of alcohol.

There are short and long-term impacts on both the consumer and the community from alcohol consumption.

Short-term impacts of alcohol refer to the risk of harm associated with drinking on a single day. These risks include accidents, injury and violence.

Long-term impacts refer to the health risks of drinking at harmful levels, which can be compounded by the effects of smoking, poor diet and other drugs.

Let's explore each of these further

## Short-term Impacts



There are short and long-term impacts on both the consumer and the community from alcohol consumption.

Short-term impacts of alcohol refer to the risk of harm associated with drinking (particularly injury or death) on a single day. These risks include accidents, injury and violence.

These levels assume that overall drinking patterns remain with the levels set for long-term risks, and that these heavier drinking days occur infrequently and never more than 3 times a week. Outside these limits, risk is further increased.

### Voiceover

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Short-term impacts of alcohol refer to the risk of harm associated with drinking (particularly injury or death) on a single day. These risks include accidents, injury and violence.

These levels assume that overall drinking patterns remain with the levels set for long-term risks, and that these heavier drinking days occur infrequently and never more than 3 times a week. Outside these limits, risk is further increased.

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## Short-term Impacts

Short-term health consequences of excessive drinking on a single day...

**Risk taking behaviour**  
Accidents, falls, reduced coordination, altered thinking and speech and at the highest level unconsciousness.  
Contributor in a number of accidental deaths.

**Aggravated sleep, stress and sexual functions**  
Seen as a method to minimise stress and induce sleep.  
However, it does not address the real cause of the stress and leads to increased wakefulness and disturbed sleep patterns.

**Heart problems**  
One or two standard drinks can affect heart rate, blood pressure and heart muscle contraction. Overall effect on blood flow may have negative implications on persons with cardiovascular disease.

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### Voiceover

Some of the short-term health consequences of excessive drinking on a single day include:

- Risk taking behaviour, accidents, falls, reduced coordination, altered thinking and speech and at the highest level unconsciousness. Alcohol is a contributor in a number of accidental deaths, including road death and drowning.
- Aggravated sleep, stress and sexual functions. The consumption of moderate amounts of alcohol is seen as a method to minimise stress and induce sleep. However, it does not address the real cause of the stress and leads to increased wakefulness and disturbed sleep patterns. And,
- Heart problems. One or two standard drinks can affect heart rate, blood pressure and heart muscle contraction. This reaction may not be clinically important but the overall effect on blood flow may have negative implications on persons with cardiovascular disease.

## Long-term Impacts

Long-term impacts refer to the health risks of drinking at harmful levels, which can be compounded by the effects of smoking, poor diet and other drugs.

Long-term impacts refer to the risk of harm due to regular daily patterns of drinking, defined by the total amount of alcohol typically consumed per week. Certain levels of alcohol consumption over a long period of time increases the risk of developing certain disorders.



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### Voiceover

Long-term impacts refer to the health risks of drinking at harmful levels, which can be compounded by the effects of smoking, poor diet and other drugs.

Long-term impacts refer to the risk of harm due to regular daily patterns of drinking, defined by the total amount of alcohol typically consumed per week. Certain levels of alcohol consumption over a long period of time increases the risk of developing certain disorders.

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## Long-term Impacts

Long-term consequences of excessive drinking over a long period of time ...

- Stroke and hypertension
- Cirrhosis of the liver
- Cancer
- Cognitive problems and dementia
- Problems with the nerves
- Gut and pancreas disease
- Harm to unborn baby
- Sexual problems
- Alcohol dependence
- Alcohol related brain injury
- Problems with memory and reasoning

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### Voiceover

Some of the long-term consequences of excessive drinking over a long period of time include:

- Range of diseases affecting the heart and blood, and including stroke and hypertension.
- Cirrhosis of the liver.
- Cancer, especially of the mouth, throat and oesophagus.
- Cognitive problems and dementia.
- Problems with the nerves of the arms and legs.
- Gut and pancreas disease.
- Harm to unborn baby.
- Sexual problems, especially male impotence.
- Alcohol dependence.
- Alcohol related brain injury, and
- Problems with memory and reasoning.

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## Long-term Impacts

Excessive alcohol consumption can negatively affect your life in other ways...

**Work life**

- Absenteeism
- Reduced productivity
- Losing the respect and friendship of colleagues
- Losing a job

**Home and social life**

Alcohol increases the risk of

- Violence
- Abuse
- Neglect

Towards family and friends

Could result in loss of income, financial hardship and even losing family, friends or a home

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### New Voiceover

As well as impacting your health, excessive alcohol consumption can negatively affect your life in other ways...

Work life might suffer due to absenteeism and reduced productivity as a result as consuming alcohol on a regular basis. This could range from losing the respect and friendship of colleagues who are not happy with reduced standard of work to actually losing a job.

Home and social life can suffer as a result of excessive consumption of alcohol because alcohol increases the risk of violence, abuse and neglect towards family and friends.

Any of these situations could result in loss of income, financial hardship and even losing family, friends or a home.



### Impacts on Government Agencies



**Police departments** forced to deal with the fallout caused by intoxicated persons



**Health facilities** have to treat people who have been involved in incident resulting from excessive alcohol consumption



Negative affect on our **road authorities** and **local councils** who are responsible for maintaining public areas and roads

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## Voiceover

We briefly discussed the benefits of RSA during module 1, but It's important that you understand the impact that excessive drinking has on government agencies and our community services and facilities...

Excessive drinking puts unnecessary pressure on our local police departments as they are forced to deal with the fallout caused by intoxicated persons, such as making arrests, attending courts and processing extra paperwork.

Our health facilities, such as hospitals and accident and emergency department, have to treat people who have been involved in incident resulting from excessive alcohol consumption such as assaults and road traffic accidents. Hospital staff and paramedics are also regularly subjected to threats and violence from intoxicated people.

Excessive alcohol consumption also has a negative affect on our road authorities and local councils who are responsible for maintaining public areas and roads, even when they are damaged or vandalised by intoxicated people or as a result of an alcohol-related incident.

### What factors influence the effects of Alcohol?

People are affected by alcohol in different ways. In this section we will explore the factors that influence the effects of alcohol  
*Click each factor below to find out more.*



#### New Voiceover

Now lets consider What factors Influence the effects of Alcohol?

People are affected by alcohol in different ways. In this section we will explore the factors that influence the effects of alcohol

*Click each factor below to find out more*

## What factors influence the effects of Alcohol?

People are affected by alcohol in different ways.



Women tend to have a smaller body size and a higher proportion of body fat than men.

For women, a given amount of alcohol is distributed over a typically smaller body volume with less absorption as alcohol is not taken up by fatty tissues. In addition, the ability to break down alcohol is limited by the size of the liver, and women on average have a smaller liver than men.

However, the higher level of risk-taking behaviour among men means that, over a lifetime, male risks exceed female risks for a given pattern of drinking



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### New Voiceover

#### GENDER

Women tend to have a smaller body size and a higher proportion of body fat than men.

For women, a given amount of alcohol is distributed over a typically smaller body volume with less absorption as alcohol is not taken up by fatty tissues. In addition, the ability to break down alcohol is limited by the size of the liver, and women on average have a smaller liver than men.

However, the higher level of risk-taking behaviour among men means that, over a lifetime, male risks exceed female risks for a given pattern of drinking

## What factors influence the effects of Alcohol?

People are affected by alcohol in different ways.



- In general, the younger and smaller a person is, the less tolerant they are to alcohol.
- Younger people also have less experience with drinking and its effects,

- In addition, puberty is often accompanied with risk-taking behaviours (such as an increased risk of drinking, sometimes in association with dangerous physical activities or risky sexual behaviour).
- Also, as people age, their tolerance for alcohol decreases and the risk of falls, driving accidents and adverse interactions with medications increases



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### Voiceover AGE

In general, the younger and smaller a person is, the less tolerant they are to alcohol. Younger people also have less experience with drinking and its effects. In addition, puberty is often accompanied with risk-taking behaviours (such as an increased risk of drinking, sometimes in association with dangerous physical activities or risky sexual behaviour).

Also, as people age, their tolerance for alcohol decreases and the risk of falls, driving accidents and adverse interactions with medications increases

## What factors influence the effects of Alcohol?

People are affected by alcohol in different ways.



- People who are prone to mental illnesses such as anxiety, depression and schizophrenia may aggravate their illness by drinking alcohol.
- Alcohol can also disrupt the later part of the sleep cycle, which may trigger a variety of mental health problems in people who are already prone to these conditions.

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### Voiceover

#### MENTAL HEALTH & SLEEPING PATTERNS

People who are prone to mental illnesses such as anxiety, depression and schizophrenia may aggravate their illness by drinking alcohol.

Alcohol can also disrupt the later part of the sleep cycle, which may trigger a variety of mental health problems in people who are already prone to these conditions.

## What factors influence the effects of Alcohol?

People are affected by alcohol in different ways.



People who already have health conditions caused or aggravated by alcohol are at risk of the condition becoming worse if they drink alcohol



Conditions such as a dependence on alcohol, cirrhosis of the liver, alcoholic hepatitis or pancreatitis prevent the body from processing the toxins from alcohol as efficiently as it should.

### Voiceover

#### SPECIFIC HEALTH CONDITIONS THAT ARE MADE WORSE BY ALCOHOL

People who already have health conditions caused or aggravated by alcohol are at risk of the condition becoming worse if they drink alcohol

Conditions such as a dependence on alcohol, cirrhosis of the liver, alcoholic hepatitis or pancreatitis prevent the body from processing the toxins from alcohol as efficiently as it should.

## What factors influence the effects of Alcohol?

People are affected by alcohol in different ways.



People who have a family history of alcohol abuse and dependence (particularly among immediate relatives such as a parent or a sibling), have a substantial increased risk of developing a dependence themselves.

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### Voiceover

#### FAMILY HISTORY OF ALCOHOL DEPENDENCE

People who have a family history of alcohol abuse and dependence (particularly among immediate relatives such as a parent or a sibling), have a substantial increased risk of developing a dependence themselves.

## What factors influence the effects of Alcohol?

People are affected by alcohol in different ways..



- Drinking alcohol while taking any other drug can be dangerous.
- Alcohol can interact with a wide range of prescription and non-prescription medications, herbal preparations and illicit drugs.
- This can alter the effect of the alcohol or the medication and has the potential to cause serious harm both to the drinker and to others.

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### Voiceover

#### MEDICATION AND DRUG USE

Drinking alcohol while taking any other drug can be dangerous.

Alcohol can interact with a wide range of prescription and non-prescription medications, herbal preparations and illicit drugs.

This can alter the effect of the alcohol or the medication and has the potential to cause serious harm both to the drinker and to others.



## Alcohol and other Drugs

Combining alcohol with any other drug can be dangerous or cause discomfort



➤ Make it harder to think clearly

➤ Make it harder to coordinate movement

➤ Compound the risk of a fatal overdose

Certain drugs, such as stimulants, may mask the effect of alcohol and cause a person to feel that they're not intoxicated. This can place that person at risk of injury as they may feel over-confident and think that they are fine even though they may be intoxicated.

Click [here](#) to visit the NSW Health website for more information

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### New Voiceover

Alcohol belongs to the depressant category of drugs because it affects the central nervous system and causes it to function in a different way.

Combining alcohol with any other drug can be dangerous or cause discomfort. The negative effects of one drug may be greatly increased by the other. Combining alcohol and other drugs can also reduce the effectiveness of medications such as antibiotics.

Mixing alcohol with other drugs that act as a depressant e.g.. sleeping pills, heroin, cannabis and methadone can:

- Make it harder to think clearly;
- Make it harder to coordinate movement; and
- Compound the risk of a fatal overdose from respiratory failure.

Certain drugs, such as stimulants, may mask the effect of alcohol and cause a person to feel that they're not intoxicated. This can place that person at risk of injury as they may feel over-confident and think that they are fine even though they may be intoxicated.

Click [here](#) to visit the NSW Health website for more information

{Link: <http://www.health.nsw.gov.au/mhdao/Factsheets/Pages/default.aspx>}

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### Alcohol and other Drugs

If you think that someone has been affected by drugs...

Stop serving alcohol immediately

Drug	Possible effect of interaction with alcohol
Antibiotics	Reduced effectiveness of antibiotic, Nausea/vomiting, headache and convulsions
Anti-depressants	Increased sedation effects, May increase blood pressure, May reduce the effectiveness of the anti-depressant drug
Cardio vascular medication	Dizziness and reduced drug effectiveness
Pain relievers (e.g. Ibuprofen, aspirin)	Increased risks of bleeding in the stomach and failure of blood clotting, Increased effects of alcohol
Pain relievers (e.g. morphine, codeine)	Sedation, Increased possibility of overdose
Benzodiazepines (e.g. Valium and other sedatives)	Increased drowsiness, Depressed heart and breathing function
Marijuana	Increased sedation effect with slowed reactions
Amphetamines	Increased drug effect (10 foot tall and bullet-proof), Anxiety, shortness of breath and racing heartbeat

While illicit and illegal drugs used by young adults for recreational purposes can have an unwanted effect on health and behaviour, you must also consider that many people are prescribed drugs for conditions such as heart complaints, blood pressure and pain relief, these can also have adverse effects if mixed with alcohol

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**Voiceover:**

Mixing alcohol and other drugs, including legal or prescription drugs and illicit, illegal drugs, can impact on the effect that alcohol has on the body and on behaviour. If you think that someone has been affected by drugs, you should stop serving them alcohol immediately. Possible results of a mix between common drugs and alcohol are outlined in the table on screen, please take a moment to review the information.

While illicit and illegal drugs used by young adults for recreational purposes can have an unwanted effect on health and behaviour, you must also consider that many people are prescribed drugs for conditions such as heart complaints, blood pressure and pain relief, these can also have adverse effects if mixed with alcohol.

The duty of care of the server includes ensuring that patrons are not injured on the premises so it pays to be aware of such issues and to take action as soon as possible for the safety of yourself, the patron and others on the premises.

## What is Blood Alcohol Concentration (BAC)?

When alcohol is consumed, it is absorbed into the blood stream

**Blood Alcohol Concentration (BAC)**  Measurement of the amount of alcohol in a person's body and is measured in grams of alcohol per 100ml of blood

**0.05 BAC**  50mg of alcohol per 100 ml of blood



A person's BAC levels will start to rise **as soon as they start drinking**

**Highest** level about **30-60 minutes after** they stop drinking

If a person has eaten a substantial **meal** while drinking, their BAC **peak** may not be reached for up to **2 hours**

### Voiceover

Now that you know about the types of alcohol and standard drinks and measures, let's look at blood alcohol concentration.

When alcohol is consumed, it is absorbed into the blood stream. Blood alcohol concentration or BAC is a measurement of the amount of alcohol in a person's body and is measured in grams of alcohol per 100ml of blood. So 0.05 BAC is equal to 50mg of alcohol per 100 ml of blood. A person's BAC levels will start to rise as soon as they start drinking alcohol and will reach its highest level about 30-60 minutes after they stop drinking. If a person has eaten a substantial meal while drinking, their BAC peak may not be reached for up to 2 hours.

### What factors affect BAC?

Alcohol affects people and their BAC in different ways for a variety of reasons.  
*Click each factor below to find out more.*



#### Voiceover

Alcohol affects people and their BAC in different ways for a variety of reasons. Click each factor below to find out more.

### What factors affect BAC?

Alcohol affects people and their BAC in different ways for a variety of reasons.  
 Click each factor below to find out more.



Higher percentage of **body fat**

Their body **doesn't** allow the alcohol to **dilute** as much  
 Causes alcohol to have a **greater effect**

### Voiceover

Women have a higher percentage of body fat than men. This means that their body doesn't allow the alcohol to dilute as much as it does with men, which causes alcohol to have a greater effect on most women.

### What factors affect BAC?

Alcohol affects people and their BAC in different ways for a variety of reasons.  
 Click each factor below to find out more.



Muscle processes alcohol ...

More **muscle** is likely to have a **lower** BAC

...while fat does not

More **fatty tissue** so their BAC will be **higher**



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#### Voiceover

Muscle processes alcohol while fat does not, so someone with more muscle is likely to have a lower BAC than someone with more fat on their person. While people who are overweight have more fatty tissue so their BAC will be higher than a slim person's BAC.

### What factors affect BAC?

Alcohol affects people and their BAC in different ways for a variety of reasons.  
 Click each factor below to find out more.

Contains **more water**  
 Causes the alcohol to **dilute** more readily

#### Voiceover

A larger, heavier or taller person's body contains more water than a person of a smaller build. This causes the alcohol to dilute more readily within the body's system, due to the larger body mass.

### What factors affect BAC?

Alcohol affects people and their BAC in different ways for a variety of reasons.  
 Click each factor below to find out more.

May have their reaction to alcohol affected as their **nervous system is under stress**

Alcohol may affect them **more quickly**  
 Alcohol is a **depressant**

#### Voiceover

People who are ill, tired or stressed may have their reaction to alcohol affected as their nervous system is under stress, so the alcohol can affect them more quickly. If a customer is unhappy or depressed, the alcohol may affect them more quickly as alcohol is a depressant.

### What factors affect BAC?

Alcohol affects people and their BAC in different ways for a variety of reasons.  
Click each factor below to find out more.



Impact a person's **BAC**

Increasing the **effects** of the alcohol

Increasing the chance of the person becoming **unduly intoxicated**

### Voiceover

Many medications can interact with alcohol and impact a person's BAC, increasing the effects of the alcohol on their body and increasing the chance of the person becoming unduly intoxicated.

### What factors affect BAC?

Alcohol affects people and their BAC in different ways for a variety of reasons.  
Click each factor below to find out more.



Their BAC is likely to **rise more rapidly**  
The human body can only process 1 standard drink each hour

#### Voiceover

If a person consumes alcohol faster than 1 standard drink per hour, their BAC is likely to rise more rapidly as the human body can only process 1 standard drink each hour.

### What factors affect BAC?

Alcohol affects people and their BAC in different ways for a variety of reasons.  
 Click each factor below to find out more.



Cause **intoxication** more **quickly** as there is nothing to absorb the alcohol

Allows the alcohol to enter the system more **readily**

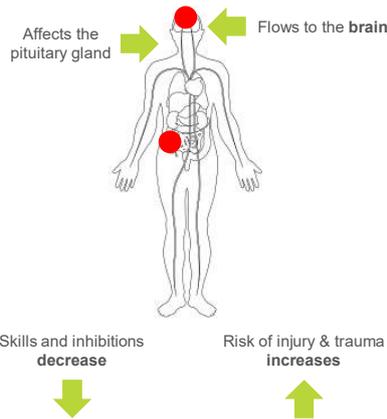
Effects of the alcohol will happen more **quickly**

### Voiceover

Drinking on an empty stomach can cause intoxication more quickly as there is nothing to absorb the alcohol. This allows the alcohol to enter the system more readily and the effects of the alcohol will happen more quickly.

## What is intoxication?

Intoxication starts **the moment** the first alcoholic drink is consumed



How intoxicated a person becomes will depend on the **same factors** that impact their **BAC**.

When a person's ability to **think or act** appropriately is lost   **'intoxicated' or 'drunk'**

Each state and territory has slight differences to their legal definitions. In NSW:

**A person is considered to be intoxicated if:**  
*"The person's speech, balance, coordination or behaviour is noticeably affected, and It is reasonable, in the circumstances, to believe that the affected speech, balance, coordination or behaviour is the result of the consumption of alcohol."*

**For Liquor & Gaming NSW "Intoxication Guidelines Fact Sheet"** [click here](#)

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### Voiceover

Now that you understand what factors influence the effects of alcohol, let's look at intoxication.

When a person's ability to think or act appropriately is lost, due to alcohol consumption, this is referred to as 'intoxicated' or 'drunk'.

Alcohol flows to the brain and dampens the brain's arousal, motor and sensory centres, affecting coordination, speech, cognition and the senses. The first potentially adverse effect of alcohol consumption is loss of fine motor skills and inhibitions.

Alcohol also affects the pituitary gland at the base of the brain, suppressing the production of a hormone that keeps the body's fluid reserves in balance.

The kidneys fail to reabsorb an adequate amount of water, and the body excretes more water than it takes in, leaving the person dehydrated and with a headache.

As both skills and inhibitions decrease through the effects of alcohol consumption, and the potential for risky behaviour, injuries and trauma increases.

The immediate effects of alcohol on the brain are often less apparent in people who drink regularly, as they display a degree of tolerance to the effects of alcohol.

Tolerance means that more alcohol needs to be consumed to feel the effects of the alcohol. Tolerance occurs because the liver becomes more efficient at breaking down alcohol. Despite this tolerance, the long-term effects remain damaging, particularly as the drinkers who have greater tolerance for alcohol are those who subject themselves to higher blood alcohol levels more frequently.

Drinking a small amount of alcohol is not harmful for most people, but excessive drinking can cause health, social and personal problems.

Basically, the more alcohol that is consumed, the higher the risk of harm.

Each state and territory has slight differences to their legal definitions in regards to intoxication.

In New South Wales a person is considered to be intoxicated if:

- The person's speech, balance, coordination or behaviour is noticeably affected;  
and
- It is reasonable, in the circumstances, to believe that the affected speech, balance, coordination or behaviour is the result of the consumption of alcohol.
- Please click on the blue link to view the Liquor and Gaming New South Wales "Intoxication Guidelines Fact Sheet"

Link (<https://www.liquorandgaming.nsw.gov.au/Documents/liquor/serving-alcohol-responsibly/gl4003-intoxication-guidelines.pdf>) – Also saved in R:\1. UEL Courses\RSA\2. RSA NSW\5. Handouts "gl4003-intoxication-guidelines"

AUSTRALIAN CLUB TRAINING

## Erratic Drinking Patterns

Indicators that a person is becoming intoxicated

Picking up on these signs and acting on them early can help to prevent intoxication



- ! Mixing a wide **range** of drink types
- ! Drinking **quickly** and asking for more immediately
- ! Ordering **more than one drink** for own consumption
- ! Mixing alcohol with **prescription or illicit drugs**
- ! Ordering 'triple shots' or **extra-large drinks**
- ! Ordering **multiple** samples or **large** samples

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### New Voiceover

Erratic drinking patterns are indicators that a person or group of people are becoming intoxicated.

Picking up on these signs and acting on them early can help to prevent intoxication and possibly reduce the risk of harm to the effected customers and those around them.

Common erratic drinking patterns that indicate intoxication include:

- Mixing a wide range of drink types
- Drinking quickly and asking for more immediately
- Ordering more than one drink for own consumption
- Mixing alcohol with prescription or illicit drugs
- Ordering 'triple shots' or extra-large drinks, or
- Ordering multiple samples or large samples

It is important that you actively watch out for erratic drinking patterns and take appropriate action to encourage responsible drinking.

We will cover ways that you can approach customers and encourage responsible

drinking later in the course.

## What Are The Signs of Intoxication?

People can show signs of being affected by alcohol in different ways. In this section we will explore the different signs of intoxication  
*Click each factor below to find out more.*



**Behaviour**



**Speech**



**Coordination**



**Balance**

### **Voiceover**

People can show signs of being affected by alcohol in different ways. In this section we will explore the different signs of intoxication  
*Click each factor below to find out more.*

## What Are The Signs of Intoxication?

People can show signs of being affected by alcohol in different ways.



**Behaviour**



**Speech**



**Coordination**



**Balance**



- Rude
- Aggressive
- Belligerent
- Argumentative
- Offensive
- Bad tempered
- Physically violent

- Loud/boisterous
- Confused
- Disorderly
- Exuberant
- Using offensive language
- Annoying/pestering others

- Overly friendly
- Loss of inhibition
- Inappropriate sexual advances
- Drowsiness or sleeping at a bar or table
- Vomiting
- Drinking rapidly

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### New Voiceover BEHAVIOUR

Behavioral signs include noticing that the patron is being or displaying any of the following traits:

Rude

Aggressive

Belligerent

Argumentative

Offensive

Bad tempered

Physically violent

Loud/boisterous

Confused

Disorderly

Exuberant

Using offensive language

Annoying/pestering others

Overly friendly

Loss of inhibition

Inappropriate sexual advances

Drowsiness or sleeping at a bar or table

Vomiting  
Drinking rapidly

## What Are The Signs of Intoxication?

People can show signs of being affected by alcohol in different ways..



Behaviour



Speech



Coordination



Balance



- Slurring words
- Rambling or unintelligible conversation
- Incoherent or muddled speech
- Loss of train of thought
- Not understanding normal conversation
- Difficulty paying attention

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### New Voiceover

#### SPEECH:

Signs of intoxication that affect speech include:

Slurring words;  
 Rambling or unintelligible conversation;  
 Incoherent or muddled speech;  
 Loss of train of thought;  
 Not understanding normal conversation; and...  
 Difficulty paying attention

## What Are The Signs of Intoxication?

People can show signs of being affected by alcohol in different ways.



Behaviour



Speech



Coordination



Balance



- Lack of coordination
- Spilling drinks
- Dropping drinks
- Fumbling change
- Difficulty counting money or paying
- Difficulty opening or closing doors
- Inability to find one's mouth with a glass

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### New Voiceover

#### COORDINATION

Signs of intoxication that affect coordination include:

Lack of coordination;  
 Spilling drinks;  
 Dropping drinks;  
 Fumbling change;  
 Difficulty counting money or paying;  
 Difficulty opening or closing doors; and...  
 Inability to find one's mouth with a glass

## What Are The Signs of Intoxication?

People can show signs of being affected by alcohol in different ways.



Behaviour



Speech



Coordination



Balance



- Unsteady on feet
- Swaying uncontrollably
- Staggering
- Difficulty walking straight
- Cannot stand, or falling down
- Stumbling
- Bumping into or knocking over furniture or people

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### New Voiceover

#### BALANCE

Signs of intoxication that affect balance include:

Being unsteady on feet

Swaying uncontrollably

Staggering

Having difficulty walking straight

Being unable to stand, or falling down

Stumbling

Bumping into or knocking over furniture or people

## What are the effects of alcohol and signs of intoxication?

Will be **different** for each person, but there are **common signs** and **indicators** that you can watch out for.  
*Click each stage of the timeline below to find out more.*



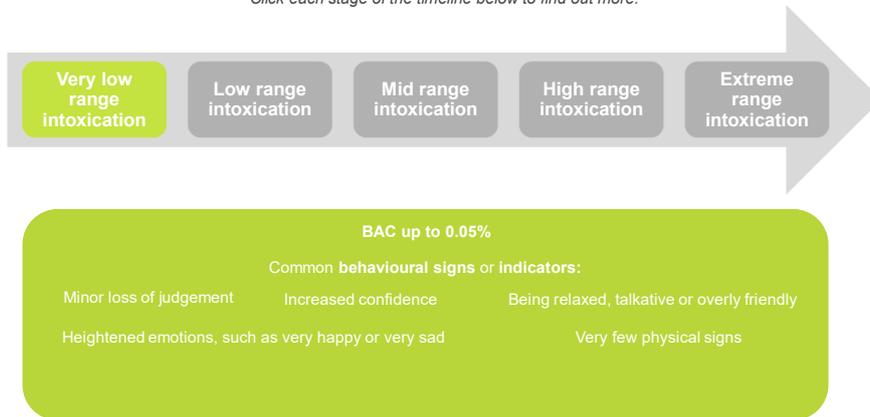
### Voiceover

The effects of alcohol and the signs of intoxication will be different for each person, but there are common signs and indicators that you can watch out for.

Click each stage of the timeline below to find out more.

## What are the effects of alcohol and signs of intoxication?

Will be **different** for each person, but there are **common signs** and **indicators** that you can watch out for.  
*Click each stage of the timeline below to find out more.*



### Voiceover

At this stage, a person may have a BAC of up to 0.05%. The common behavioural signs or indicators can include:

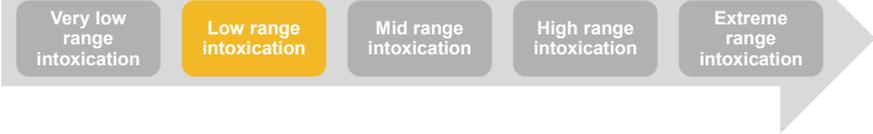
- Minor loss of judgement
- Increased confidence
- Being relaxed, talkative or overly friendly, or
- Heightened emotions, such as very happy or very sad.

There are very few physical signs at this stage.



## What are the effects of alcohol and signs of intoxication?

Will be **different** for each person, but there are **common signs** and **indicators** that you can watch out for.  
*Click each stage of the timeline below to find out more.*



**BAC 0.05-0.08%**

Common **behavioural signs or indicators**:

Glassy eyes    Increased self-confidence    Slurring of words    Inability to recognise inappropriate behaviour  
 Erratic drinking patterns    Difficulty handling small items    Impaired movements  
 Becoming overly loud    Becoming overly withdrawn

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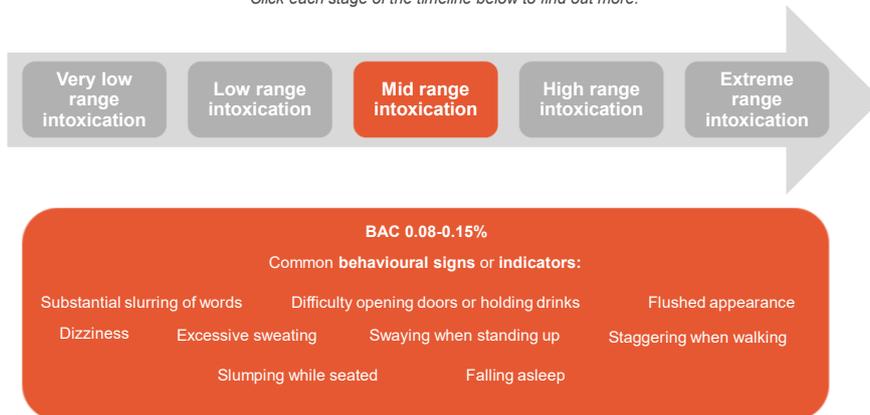
### Voiceover

At this stage, a person may have a BAC of 0.05 to 0.08%. The common behavioural signs or indicators can include:

- Glassy eyes
- Increased self-confidence
- Slurring of words
- Inability to recognise inappropriate behaviour
- Erratic drinking patterns, such as ordering a wide range of drink types, drinking quickly or ordering 'triple shots'
- Difficulty handling small items such as money
- Impaired movements such as walking into objects or other customers or spilling drinks
- Becoming overly loud or
- Becoming overly withdrawn.

## What are the effects of alcohol and signs of intoxication?

Will be **different** for each person, but there are **common signs** and **indicators** that you can watch out for.  
Click each stage of the timeline below to find out more.



### Voiceover

At this stage, a person may have a BAC of 0.08 to 0.15%. The common behavioural signs or indicators can include:

- Substantial slurring of words
- Difficulty opening doors or holding drinks
- Flushed appearance
- Dizziness
- Excessive sweating,
- Swaying when standing up
- Staggering when walking,
- Slumping while seated or
- Falling asleep.


**AUSTRALIAN CLUB TRAINING**

## What are the effects of alcohol and signs of intoxication?

Will be **different** for each person, but there are **common signs** and **indicators** that you can watch out for.  
*Click each stage of the timeline below to find out more.*



**BAC 0.15-0.30%**

Common **behavioural signs** or **indicators**:

Inability to walk without assistance
Lack of response to questions
Aggressive or disorderly behaviour

Vomiting
Passing out or losing consciousness
Loss of memory

Loss of bladder control
Alcohol poisoning

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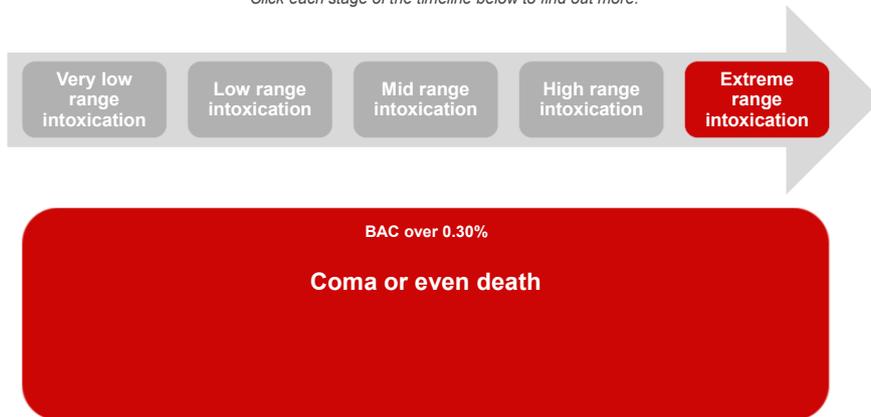
### Voiceover

At this stage, a person may have a BAC of 0.15 to 0.30%. The common behavioural signs or indicators can include:

- Inability to walk without assistance
- Lack of response to questions
- Aggressive and disorderly behaviour
- Vomiting
- Passing out or loss of consciousness
- Loss of memory
- Loss of bladder control, or
- Alcohol poisoning.

## What are the effects of alcohol and signs of intoxication?

Will be **different** for each person, but there are **common signs** and **indicators** that you can watch out for.  
*Click each stage of the timeline below to find out more.*



### Voiceover

At this stage, a person may have a BAC of over 0.30% which may result in a coma or death.

**AUSTRALIAN CLUB TRAINING**

## Recognising Intoxication

- Observing the amount and type of alcohol they have consumed
- Observing their behaviour
- Talking to the person and their friends
- Getting a second opinion from your workmates or supervisor

When did the person enter the premises?  
 How much and what type of alcohol have they been witnessed drinking?  
 When did they last eat and how much?  
 Does the person show any signs of intoxication?  
 Does the person smell of liquor?  
 Is there another reason they are showing signs of intoxication?

Coordination    Alcohol Smell    Unsteady    Slurred Speech    Eyes

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### Voiceover:

Forming a reasonable belief about whether or not someone is intoxicated and their level of intoxication can come from many sources, such as:

- Observing the amount and type of alcohol they have consumed;
- Observing their behaviour;
- Talking to the person and their friends; and
- Getting a second opinion from your workmates or supervisor.

To help you decide whether someone is intoxicated, ask yourself:

- When did the person enter the premises?
- How much and what type of alcohol have they been witnessed drinking?  
 (Remember a patron may have already consumed liquor (or other intoxicating substances) before they arrive at the premises or you may not have seen all their previous consumption at the premises).
- When did they last eat and how much?
- Does the person show any signs of intoxication?
- Does the person smell of liquor? And
- Is there another reason they are showing signs of intoxication?

The cause tool can help you to remember the points you should consider when

assessing levels of intoxication:

- **Coordination**, are they stumbling or walking into other people?
- **Alcohol**, do they smell of it, have you seen them drinking it?
- **Unsteady**, are they tripping or falling over?
- **Slurred Speech**, are they having difficulty speaking them and can you understand them clearly? And
- **Eyes**, are they glazed or unfocused.

### Is it intoxication or another reason?

A degree of judgement is still required in determining whether a person is intoxicated, or approaching the point of becoming intoxicated. In exercising that judgement, other factors should also be considered, such as the amount and types of alcohol served to a patron, and the time over which the consumption of alcohol took place.



#### Voiceover

A degree of judgement is still required in determining whether a person is intoxicated, or approaching the point of becoming intoxicated. In exercising that judgement, other factors should also be considered, such as the amount and types of alcohol served to a patron, and the time over which the consumption of alcohol took place.

### Is it intoxication or another reason?

Care must be taken to establish if there are other causes, such as a medical condition or disability, which may cause signs or symptoms similar to intoxication. This requires thoughtful observation of patrons by all staff.

Displaying signs of intoxication



Haven't observed them drinking



Do not smell of alcohol



Signs may be due to another reason

Another reason?

Intoxicated?



Approach the customer in a sensitive, professional and non-discriminatory manner

Displaying signs of intoxication



Smells strongly of alcohol



Likely they are intoxicated

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#### Voiceover

Care must be taken to establish if there are other causes, such as a medical condition or disability, which may cause signs or symptoms similar to intoxication. This requires thoughtful observation of patrons by all staff.

If a patron is displaying signs of intoxication but hasn't been observed drinking and does not smell of alcohol, the signs may be due to another reason.

If a patron is displaying signs of intoxication and smells strongly of alcohol, it is likely they are intoxicated.

It is important to use common sense and approach the customer in a sensitive, professional and non-discriminatory manner to determine the reason for their signs of intoxication.

## Is it intoxication or another reason?

Observations of patrons should consider:



- If the person is affected by alcohol when they arrive;
- If a person smells of alcohol;
- The time they entered the premises;
- The length of time they have been drinking; and
- The type and amount of alcohol consumed.

### Voiceover

Observations of patrons should consider:

- if the person is affected by alcohol when they arrive;
- if a person smells of alcohol;
- the time they entered the premises;
- the length of time they have been drinking; and
- the type and amount of alcohol consumed

## What is drink spiking?

A customer may be showing signs of intoxication due to **drink spiking**

**Drink spiking**  When extra alcohol or illicit drugs (such as ketamine or GHB) are added to a person's drink without their knowledge

Consequences can be severe and may lead to:

Dangerous behaviour

Extreme intoxication

Robbery



Violent or sexual assault

Severe side effects from unknown drugs

Coma or death

The most common **victims** of drink spiking are **females** and the most common **locations** of drink spiking are **nightclub venues**.

### Voiceover

In some cases, a customer may be showing signs of intoxication due to drink spiking. Drink spiking is when extra alcohol or illicit drugs (such as ketamine or GHB) are added to a person's drink without their knowledge.

The consequences can be severe and may lead to:

- Dangerous behaviour
- Extreme intoxication
- Robbery
- Violent or sexual assault
- Severe side effects from unknown drugs, and
- Coma or Death

The most common victims of drink spiking are females and the most common locations of drink spiking are nightclub venues.

## How should you prevent or manage drink spiking?

### PREVENT

Staff should be **aware** of:

- Customers requesting **extra** measures of spirits
- Customers **suddenly** appearing intoxicated
- Persons wanting to **escort home** suddenly intoxicated customers

Place an '**unattended drink card**' over a customer's drink if left unattended

- Government drink spiking **initiatives**
- Promote **awareness** with customers of the dangers from drink spiking

### MANAGE

Take the following action to **manage** the situation:

- Stay with the customer and offer them **assistance**
- Obtain identification details of any **suspicious** customers
- Take **possession** of the suspected spiked drink
- Locate a **trusted friend** who can assist the customer home
- If the customer becomes **disoriented** or **sleepy** while being spoken too, contact a **Manager** immediately
- If the customer displays signs of being **drugged**, call an **ambulance** and contact **police**
- If the customer becomes **unconscious**, call an **ambulance** immediately

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### Voiceover

To help prevent drink spiking, staff should be aware of:

- Customers requesting extra measures of spirits
- Customers suddenly appearing intoxicated, and
- Persons wanting to escort home suddenly intoxicated customers

If available, staff should also place an 'unattended drink card' over a customer's drink if left unattended. Unattended drink cards are part of government drink spiking initiatives and promote awareness with customers of the dangers from drink spiking if their drink is left unattended.

If you suspect drink spiking has occurred, it is important to take the following action to manage the situation as safely as possible:

- Stay with the customer and offer them assistance
- Obtain identification details of any suspicious customers around the victim
- Take possession of the suspected spiked drink and secure for safekeeping in a plastic bag, only touching the lowest part of the container/glass. This will ensure

minimal interference with any possible evidence.

- Locate a trusted friend who can assist the customer home
- If the customer becomes disoriented or sleepy while being spoken too, contact a Manager immediately
- If the customer displays signs of being drugged, call an ambulance and contact police, and
- If the customer becomes unconscious, call an ambulance immediately.

## Who is at a heightened risk from alcohol?

There are a number of groups that can be affected by alcohol more than others

Customers at a **heightened risk** from the **effects** of excessive drinking include:



### New Voiceover

There are a number of groups that can be affected by alcohol more than others, due to language barriers, lack of education, poor judgment or cultural background. Customers at a heightened risk from the effects of excessive drinking include:

- Minors (those under 18)
- Young people
- Pregnant women
- Aboriginal and Torres Strait Islanders
- People from non English speaking backgrounds, and
- People under the influence of other substances

## Particular Types of Customers who are at Heightened Risk



Women who abuse or are dependent on alcohol are more vulnerable than men to issues such as liver disease and brain damage. Women who drink alcohol regularly are also at heightened risk of Osteoporosis, Premature menopause, Infertility and miscarriages and High blood pressure and heart disease. Alcohol may also raise a woman's chance of developing breast cancer.

Maternal alcohol consumption can harm a developing fetus or breastfeeding baby.

While the risk to unborn children from very low levels of alcohol consumption is thought to be low, there is limited research available on the effects of alcohol during pregnancy and breastfeeding.

There is evidence to suggest that high levels of alcohol consumption may be related to miscarriage, stillbirth and premature births.

### Voiceover

Women who abuse or are dependent on alcohol are more vulnerable than men to issues such as liver disease and brain damage, Women who drink alcohol regularly are also at heightened risk of Osteoporosis, Premature menopause, Infertility and miscarriages and High blood pressure and heart disease. Alcohol may also raise a woman's chance of developing breast cancer.

Maternal alcohol consumption can harm a developing fetus or breastfeeding baby. For women who are pregnant, planning a pregnancy or breastfeeding, not drinking is the safest option.

While the risk to unborn children from very low levels of alcohol consumption is thought to be low, there is limited research available on the effects of alcohol during pregnancy and breastfeeding and therefore, no safe level of alcohol consumption has been established.

There is evidence to suggest that high levels of alcohol consumption may be related to miscarriage, stillbirth and premature births.

## Particular Types of Customers who are at Heightened Risk



Teenagers and young people can be more vulnerable to the effects of alcohol because they have not built up physical tolerance. They also lack drinking experience and are less able to judge their own levels of intoxication and most young people are smaller than adults and so alcohol can have a greater effect

### Voiceover

Teenagers and young people can be more vulnerable to the effects of alcohol because they have not built up physical tolerance. They also lack drinking experience and are less able to judge their own levels of intoxication and most young people are smaller than adults and so alcohol can have a greater effect.


**AUSTRALIAN CLUB TRAINING**

## What are the responsible consumption guidelines?

Fortunately, most of the customers that consume alcohol in a licensed venue, do so in a **responsible manner**

Guidelines for drinking alcohol, which aim to reduce the short-term and long-term health risks of alcohol



**2 standard drinks per day**



**4 standard drinks in one session**



**Should not drink at all**



**Should not drink at all**

It is **recommended** that healthy men and women have **2-3 alcohol free days a week**.  
 This doesn't mean a person should save those drinks for another day.  
 People that drink all of their week's worth of drinks in one binge drinking session are exposed to extreme health risks.

Download "[Guidelines to reduce health risks from drinking alcohol](#)"

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### Voiceover

Fortunately, most of the customers that consume alcohol in a licensed venue, do so in a responsible manner.

The National Health and Medical Research Council have issued guidelines for drinking alcohol, which aim to reduce the short-term and long-term health risks of alcohol.

Under the guidelines:

- Healthy men and women should not drink more than two standard drinks per day, in order to reduce the long-term consequences of alcohol.
- Healthy men and women should not drink more than four standard drinks in one session, in order to reduce the short-term consequences of alcohol, such as alcohol-related injury.
- Women who are planning a pregnancy, pregnant or breastfeeding should not drink at all, and
- Minors (those under 18) should not drink at all.

It is recommended that healthy men and women have 2-3 alcohol free days a week. However, this doesn't mean a person should save those drinks for another day. People that drink all of their week's worth of drinks in one binge drinking session are exposed to extreme health risks.

AUSTRALIAN CLUB TRAINING

## What is drink driving?

Drinking alcohol **reduces** a person's **ability** to drive safely

+

**Increases** their chances of an **accident**

Reduce ability to do multiple tasks

Concentration

Reaction times

Increase confidence and risk taking



More likely to fall asleep

Simple tasks more difficult

Hearing and vision

Alertness, judgement and reflexes



It is **against the law** for a person to drive a vehicle if their **BAC** is **over the legal limit**

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### Voiceover

Drinking alcohol reduces a person's ability to drive safely and increases their chances of an accident. Alcohol can:

- Reduce a person's ability to do multiple tasks;
- Make it hard for a person to concentrate on their driving;
- Slow down a person's reaction time if something unexpected happens;
- Make a person feel more confident, which may lead them to take risks;
- Affect a person's alertness, judgement and reflexes
- Affect a person's hearing and vision (especially at night);
- Make simple tasks more difficult; and
- Make a person feel more relaxed and more likely to fall asleep at the wheel.

It is against the law for a person to drive a vehicle if their BAC is over the legal limit for the licence they hold or the vehicle they drive.

AUSTRALIAN CLUB TRAINING

## What are the drink and drive limits?



NSW

BAC limit  0.05

Learner driver = zero  
Heavy vehicle, bus and taxi driver = 0.2

How much can a person drink and be below the limit?

Everyone is **different**, the only way to be certain = **No Alcohol**  
Use the following as a **general guide** to remaining below the 0.05 limit



2 standard drinks in the first hour  
1 standard drink each hour after that



1 standard drink each hour

**Time** is the only thing that will **reduce** a person's **BAC**  
No amount of **coffee**, **cold showers** or **vomiting** will reduce a person's BAC quicker  
After a **heavy night's drinking**, a person could still be over 0.05 the **next morning**

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### Voiceover

For most drivers in NSW, the law states that they must stay under the national blood alcohol concentration of 0.05

There are some important exceptions though:

- The BAC limit is zero for L and P plate drivers.
- The BAC limit is 0.02 for drivers of heavy vehicles, vehicles carrying dangerous goods, and drivers of public vehicles such as taxis or buses.

So how much can a person drink and be below the limit?

It is difficult to determine how many drinks will put a person over the legal driving limit as different people are more susceptible to the effects of alcohol. The only way to be certain of staying under the respective BAC limits is not to drink any alcohol. However, you can use the following as a general guide to remaining below the 0.05 limit:

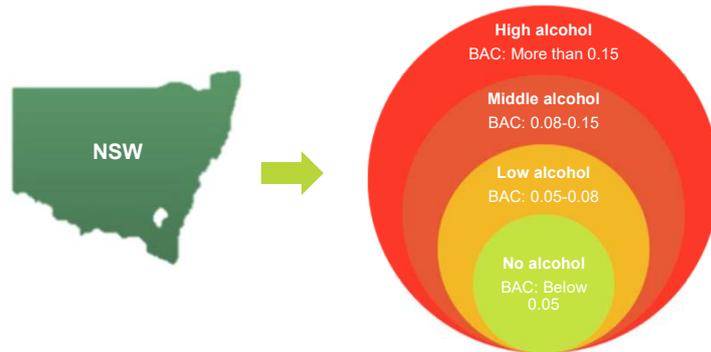
- Men should drink no more than 2 standard drinks in the first hour and 1 standard drink each hour after that, and
- Women should drink no more than 1 standard drink each hour.

It's important to remember that:

- Time is the only thing that will reduce a person's BAC, as the liver can process 1 standard drink per hour.
- No amount of coffee, cold showers or vomiting will reduce a person's BAC quicker, and
- After a heavy night's drinking, a person could still be over 0.05 the next morning.

## What are the drink and drive limits?

Four different **alcohol limits** for driving a vehicle  
 Used to apply **penalties** if a person is caught driving with an **illegal BAC** for their licence and vehicle type  
 Differ slightly between states, under NSW legislation:



### Voiceover

There are four different alcohol limits for driving a vehicle and these limits are used to apply penalties if a person is caught driving with an illegal BAC for their licence and vehicle type.

The limits differ slightly between states.

Under the New South Wales legislation, the limits include:

- No alcohol limit which is a BAC of below 0.05
- Low alcohol limit which is a BAC of 0.05 to 0.08
- Middle alcohol limit which is a BAC of 0.08 to 0.15, and
- High alcohol limit which is a BAC of equal to or more than 0.15.

## What are the drink and drive limits?

State or Territory	BAC Limit	0.02	0.05
	<b>Zero</b>		
<b>QLD</b>	Limit for: <ul style="list-style-type: none"> <li>• Learner, P1/P2 provisional, probationary or restricted licence holders (regardless of age)</li> <li>• All licence holders wanting to drive the next higher class of licence under the authority of their provisional, probationary or open licence</li> <li>• Class 9C motorcycle licence holders for the first 12 months of class 9C motorcycle (provisional, probationary, restricted or open licence)</li> <li>• All licence holders when driving, or in charge of, a:               <ul style="list-style-type: none"> <li>◦ Truck (any motor vehicle with a GVM greater than 4.5t) or an articulated motor vehicle (e.g. 5-trailer, or road train)</li> <li>◦ A bus (built or fitted to carry more than 12 adults, including the driver), taxi, minibus or public passenger vehicle</li> <li>◦ A vehicle carrying a placard load of dangerous goods</li> <li>◦ A tow truck, pilot vehicle or escort vehicle escorting an oversize vehicle or a specially constructed vehicle, including a tractor</li> <li>◦ A vehicle being used by a driver trainee to give driver training</li> </ul> </li> </ul>		
<b>NSW</b>	Limit for: <ul style="list-style-type: none"> <li>• Learner, P1 and P2 drivers and riders</li> </ul>		Drivers of vehicles of "gross vehicle mass" greater than 13.0 tonnes, those carrying dangerous goods and those driving public vehicles such as taxi or bus drivers
<b>VIC</b>	Limit for: <ul style="list-style-type: none"> <li>• Drivers on a probationary licence (P plates) or learner permit (L plates)</li> <li>• Bus and taxi drivers</li> <li>• Drivers of trucks over 15 tonnes</li> </ul>		
<b>ACT</b>	Limit for: <ul style="list-style-type: none"> <li>• Special, probationary, international, provisional and learner licence holders and driver trainees</li> <li>• Drivers of vehicles with a Gross Vehicle Mass or Gross Combined Mass of more than 15t and drivers carrying dangerous goods</li> </ul>		
<b>SA</b>	Limit for: <ul style="list-style-type: none"> <li>• Learner drivers and Drivers on P Plates</li> <li>• Those who drive a taxi, bus or truck</li> </ul>		
<b>NT</b>	Limit for: <ul style="list-style-type: none"> <li>• Learner licence</li> <li>• Provisional licence</li> <li>• Full licence (or an adult) on 2 condition</li> <li>• Approved driving instructors who are teaching</li> <li>• Public passenger vehicle drivers – taxi, bus</li> <li>• Coach or heavy vehicle (over 15 tonnes GVM or GCM) drivers</li> <li>• Dangerous goods vehicle driver</li> </ul>		
<b>WA</b>	Limit for: <ul style="list-style-type: none"> <li>• Novice drivers (A novice driver is a person that has not held a driver's licence for a total period of 2 or more years.)</li> <li>• Drivers that have been recently disqualified</li> <li>• Drivers that hold an Extraordinary Licence</li> </ul>		
<b>TAS</b>	Limit for: <ul style="list-style-type: none"> <li>• Provisional, Learner or unlicensed drivers</li> <li>• Driving a vehicle with a gross mass exceeding 4.5 tonnes</li> <li>• Driving a public passenger vehicle or a vehicle designed and constructed to carry 13 or more adult passengers, including the driver</li> </ul>		

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### Voiceover

In Australia, the BAC limit for an open driver's licence is 0.05, however, some states and territories have differing limits in different circumstances...

Please review the requirements within the table below (you can click on the table to enlarge it to full screen mode), and then click next to continue.

## Standard drinks, BAC and drink and drive limits

Let's look at how to **estimate** a person's BAC and whether they are **under** the 0.05 BAC drink and drive limit.



Peter is a **healthy male** in his 30s.

He has been at the pub with his friends for **2 hours**.



**First hour: two standard** rum and cokes with a 30ml nip in each



**Second hour: one 30ml nip** of whiskey on the rocks.

Based on the general guide covered earlier:

**Peter should be under the limit and be able to drive.**



If he had drunk two whiskeys on the rocks in the second hour, then **he would need to wait another hour** without drinking before driving.

If a customer asks you whether they should drive, it is important to **advise them of the guidelines** but **do not** advise them whether they should drive

Everyone is **different** and will be affected by alcohol **differently**.

Without an alcohol breath tester, you **are not** able to tell them what their BAC is and whether they are over the legal limit.

### Voiceover

Let's look at how to estimate a person's BAC and whether they are under the 0.05 BAC drink and drive limit.

In this example, Peter is a healthy male in his 30s. He has been at the pub with his friends for 2 hours. In the first hour he drank two standard rum and cokes with a 30ml nip in each and in the second hour he drank one 30ml nip of whiskey on the rocks. Based on the general guide covered earlier of 2 standard drinks in the first hour and 1 standard drink each hour after that for males, Peter should be under the limit and be able to drive. If he had drunk two whiskey on the rocks in the second hour, then he would need to wait another hour without drinking before driving.

Remember, if a customer asks you whether they should drive, it is important to advise them of the guidelines but do not advise them whether they should drive. Everyone is different and will be affected by alcohol differently. Without an alcohol breath tester, you are not able to tell them what their BAC is and whether they are over the legal limit.

## What are non-alcoholic alternatives?

It's important to be aware of the range of **non-alcoholic** and **low-alcohol beverages** on offer in your licenced venue.

Offer these options to customers: Designated driver  Ask for them  Showing early signs of intoxication

Common non-alcoholic beverages:



There are also an increasing range of **low-alcohol beers**, **wines** and **boutique drinks** available on the market.

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### Voiceover

It's important to be aware of the range of non-alcoholic and low-alcohol beverages on offer in your licenced venue. You will then be able to offer these options to customers if they are the designated driver, if they ask for them or if they are showing early signs of intoxication.

Common non-alcoholic beverages can include:

- Water
- Soft drinks
- Mocktails
- Juices
- Lemon, lime and bitters
- Coffee
- tea and
- hot chocolate.

There are also an increasing range of low-alcohol beers, wines and boutique drinks available on the market.

## What does this all mean to you?

Understanding standard drinks, BAC, signs of intoxication, reasonable consumption guidelines, drink and drive limits and non-alcoholic alternatives, all help to **prevent alcohol-related problems** before they become an issue.

Monitor customers and their behaviour

Encourage customers to drink within the appropriate reasonable limits

Assist customers with information on the range of non-alcoholic beverages



Solve issues before they escalate to an incident

Watch for the early signs of customers at risk of becoming intoxicated

Keep an eye out for potential troublesome customers

Use common sense and approach a customer in a sensitive, professional and non-discriminatory manner

### Voiceover

Understanding standard drinks, BAC, signs of intoxication, reasonable consumption guidelines, drink and drive limits and non-alcoholic alternatives, all help to prevent alcohol-related problems before they become an issue.

It is important to:

- monitor customers and their behaviour
- watch for the early signs of customers at risk of becoming intoxicated
- keep an eye out for potential troublesome customers
- encourage customers to drink within the appropriate reasonable limits
- assist customers with information on the range of non-alcoholic beverages available
- solve issues before they escalate to an incident, and
- use common sense and approach a customer in a sensitive, professional and non-discriminatory manner to determine the reason for their signs of intoxication

**Module summary**

Congratulations! You have now completed **Module 2: Alcohol and its effects**.

You should now be able to:

**RECEIPT**

- ✓ Explain how to prepare standard drinks
- ✓ Describe the factors that impact BAC
- ✓ Summarise the effects of alcohol
- ✓ Describe the signs of intoxication
- ✓ Explain responsible consumption levels

**TOTAL**

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**Voiceover:**

Congratulations! You have now completed Module 2: Alcohol and its effects.

You should now be able to:

- Explain how to prepare standard drinks
- Understand the standard drink equivalents of typical drinks
- Summarise the effects and impacts of alcohol
- Describe the signs of intoxication, and
- Explain responsible consumption levels.

## Progress Check

Now that you have completed module 2: Alcohol and it's effects, let's test your knowledge by completing a few progress checker questions.

You must complete all of the questions correctly before you can move onto the next module.

Click 'Next' to begin answering the questions

