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“THERE IS NO PLACE FOR ALCOHOL ON IRISH ROADS” SAYS DRINKAWARE CEO AS WE APPROACH THE MAY BANK HOLIDAY WEEKEND

***Research reveals 23% of 18–24-year-olds do not agree
that any amount of alcohol impairs your ability to drive¹***

Dublin, 1st May 2024 – Drinkaware, the national independent charity working to prevent and reduce alcohol misuse, is providing the public with valuable information and advice to help ensure a safe May Bank Holiday weekend on our roads for everyone.

As the first long weekend of the summer approaches, Drinkaware is urging people to understand the risks of drinking and driving the morning after consuming alcohol, as well as the time required to process alcohol. This Bank Holiday weekend, Drinkaware aims to debunk any myths about the time it takes to sober up and encourages the public to avail of their free and easy-to-use Drinkaware [drinks calculator](#) - a helpful tool to monitor alcohol intake and estimate the time required for the body to process alcohol - particularly the morning after consuming alcohol.

The Drinkaware [drinks calculator](#) is the most popular tool on www.drinkaware.ie and has already had over 60,000 uses in 2024. Indeed, over the Easter weekend, the drinks calculator was used over 4,000 times, with 32% of uses taking place on the Bank Holiday Sunday alone. These figures clearly show people’s desire to monitor their alcohol consumption and understand its effects, including processing time, ultimately ensuring they do not put themselves or others at risk by drink driving.

The Drinkaware Annual Barometer 2023 revealed that 86% of adults acknowledge that any amount of alcohol impairs driving ability. However, 23% of young adults ages 18-24 did not agree with this statement when asked¹. This is especially worrying given the recent rise in road collisions on Irish roads, resulting in increases in both serious injuries and deaths.

Drinkaware believes it is crucial to dispel common misconceptions about sobering up methods and emphasise that **only time** removes alcohol from the body. Tragically, over 70 lives have been lost on Irish roads so far this year². Figures from An Garda Síochána revealed that over the May Bank Holiday weekend in 2023, there were 188 arrests for drink/drug driving³. To assist the government’s Road Safety Strategy to reduce deaths and serious injuries by 50% over the next decade, Drinkaware is urging the public to get the facts about alcohol and never drink and drive.

Know the facts about driving the morning after

- It takes **at least one hour** to process one standard drink.
- An average pint of beer equals two standard drinks. This means it will take your body two hours to process one pint of beer.
- Alcohol levels continue to rise for hours after consuming the drink of choice.
- The **only way to remove alcohol from your system is time**; no amount of food or water will speed up the process.

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- Neither will the common myths about showering, eating a large breakfast, consuming coffee or energy drinks, or exercising.
- The processing time starts from when **the last drink is finished**.

Tips for a safe long weekend:

- Alternate every drink with a glass of water or a non-alcoholic option.
- Don't top up your glass; let yourself finish the drink before pouring another.
- Set a spending limit and stick to it.
- Ask yourself, 'Do I really want this drink?'
- Before you go out, plan a safe route home. Double-check public transport, and remember that it will be a busy weekend for taxis.

Try some alcohol-free events over the long weekend:

- Take part in a free local park run.
- Check out your local area for different events (hikes, family festivals and much more).
- Organise a mocktail night.
- Plenty of alcohol-free alternatives are available; if you are heading out over the weekend, why not try the zero-alcohol alternatives?

Drinkaware CEO Dearbhla O'Brien commented:

"At Drinkaware, our mission is to prevent and reduce alcohol misuse in Ireland. We aim to equip adults with practical information, tips, and support to ensure their safety over the long weekend. Whether it's about being more mindful while consuming alcohol or understanding the risks of driving the morning after drinking, we believe in empowering the Irish public to make informed choices. Our [Drinks Calculator](#) and [Drink Driving in Ireland](#) pages are among the most visited sections on our website, showing a strong desire for knowledge and a commitment to keeping communities safe.

With over 60 lives lost on Irish roads since the beginning of 2024, it is crucial to embrace the information available, heed the advice from the RSA and An Garda Síochána, and acknowledge that any amount of alcohol will impair driving ability. Let's work together to make this long weekend a time of safety, enjoyment, and fun for all."

Ends

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Notes to the editor:

About Drinkaware: Drinkaware is the national charity working to prevent and reduce alcohol misuse in Ireland. It is governed by an independent board and regulated by the Charities Regulator. Registered Charity Number: 20204601

References

1. *The Drinkaware Barometer 2023 is a national population-based survey of 1,000 adults aged 18+ conducted by Behaviour and Attitudes in July/August 2023. It included a series of internationally recognised modules on alcohol consumption and mental health.*
2. *Roads Policing statistics for 2024. Figures for fatalities are current as of 22nd April 2024.* <https://www.garda.ie/en/roads-policing/statistics/roads-policing-statistics-for-2024/>
3. *May Bank Holiday Weekend Road Safety Campaign Enforcement Statistics. Issue Date: 5th May 2023.* <https://www.garda.ie/en/about-us/our-departments/office-of-corporate-communications/press-releases/2023/may/may-bank-holiday-weekend-road-safety-campaign-enforcement-statistics.html>