

Drinkaware Urges the Public to Keep our Roads Alcohol Free this June Bank Holiday Weekend

[Drinkaware](#), the independent national charity working to prevent and reduce alcohol misuse, is providing the public with useful information and advice to help ensure a safe June Bank Holiday weekend on our roads for everyone.

- **Alcohol remains the most frequently detected intoxicant in driving in Ireland**
- **86% of all adults agree that any amount of alcohol will impair their ability to drive**
- **23% of 18-24 year olds don't agree that any amount of alcohol will impair their ability to drive**

This June Bank Holiday weekend, [Drinkaware](#) is raising awareness of the risks associated with both drink-driving and driving the day after alcohol is consumed. The organisation is calling on the public to leave the car at home if they are drinking and to become aware of how long before it is deemed safe to drive the following day. The [Drinkaware Barometer](#), a national reference point for alcohol trends in Ireland, reveals that 23% of adults, aged 18-24 years old, don't believe that any amount of alcohol impairs their ability to drive, making it imperative to educate young people on the dangers of driving the day after drinking. *

This is especially worrying given the recent rise in road collisions on Irish roads, resulting in increases in both serious injuries and deaths. An estimated 79 people have died on Irish roads so far this year, an increase of 16.5% compared to this time last year. Drinkaware wants to educate the public on the associated dangers, to help reduce fatalities on our roads over the June Bank Holiday weekend. The latest available data on the impact on drink-driving on roads indicates that 37% of all driver fatalities from 2015 to 2019 included a positive toxicology result for alcohol. During the last bank holiday weekend in May, the Garda Síochána confirmed a total of 196 arrests were made for driving under the influence of an intoxicant, including alcohol.**

Drinkaware is encouraging adults who will consume alcohol this weekend, to use its free [drinks calculator](#) as a helpful tool to monitor alcohol intake and estimate the time required for the body to process alcohol. The Drinkaware [drinks calculator](#) allows anyone to input the amount and types of drinks they have consumed and receive an estimated time of how long it will take the body to process the alcohol.

Drinkaware believes it is crucial to dispel common misconceptions about sobering up methods and emphasise that **only time** removes alcohol from the body. 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.
- 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.
- Leave your car at home
- 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.

Dearbhla O'Brien, Chief Executive of Drinkaware is urging the public to stay safe this bank holiday weekend and not drink and drive.

"If you plan to drive this bank holiday weekend, the safest option is to leave the car at home. The RSA has confirmed that 90 people have been killed or seriously injured in June Bank Holiday collisions over the past 5 years. Any amount of alcohol will affect your ability to drive and there's no way to guarantee all the alcohol you have drunk will be gone by the time you wake up the next day. Alcohol can stay in your system well into the afternoon, depending on how much you have consumed and when you stopped. This can give you a false sense of confidence which can come with an increased tendency to take risks on the roads.

In some cases, it might be unavoidable not to drive the next day, so it is important that people are aware of how long it takes their body to process alcohol from the night before and avoid driving before the alcohol is fully processed. People need this information to understand how much they are consuming so that they can make informed choices.

The [Drinks Calculator](#), which is free to use, can tell you when it is safe to drive. It takes at least 1 hour to process 1 standard drink and the time starts when you finish your last drink. If you had 3 pints and finished at midnight, it will take at least 6 hours for your body to process and 1 pint at 4.5% is considered 2 standard drinks.

Educate yourself before you drink on how long it will take for your body to process the alcohol you consumed and educate others and if you see someone you know - a son, daughter, colleague or friend - attempting to or drink driving, don't be a bystander, step in and help keep Irish roads safe this bank holiday."

Ends.

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

***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 and included a series of internationally recognised modules relating to alcohol consumption and mental health.**

***For more information on research projects and publications, visit www.drinkaware.ie/research**

**** <https://www.garda.ie/en/roads-policing/statistics/roads-policing-statistics-for-2024/>**

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