

Drinkaware Urges Public to Plan Ahead for Safe Driving this New Year's Eve

30th December 2024 – Drinkaware, the national independent charity working to prevent and reduce alcohol misuse, urges the public to plan ahead for safe driving. New Year's Eve and the surrounding days see a rise in alcohol consumption, and it's important to remember that alcohol can impair your ability to drive long after the party has ended. Alcohol can remain in your system for hours, meaning that driving the morning after drinking can be as dangerous as driving the night before. The only way to remove alcohol from your system is time. Certain things might make you feel better or may make you feel safe to drive, but unless you have allowed your body at least one hour to process one standard drink, you are not safe to drive.

According to Drinkaware's 2024 Barometer Report, 89% of adults agree that any amount of alcohol impairs the ability to drive, up from 86% last year. Additionally, 80% of adults believe that driving the morning after drinking is just as dangerous as drink driving.

With 167 road deaths in 2024¹, many of which are linked to alcohol, Drinkaware is encouraging everyone to be mindful of their drinking and always plan ahead for a safe journey. Drinkaware strongly supports official guidance from the RSA and An Garda Síochána that any amount of alcohol will impair your driving and increase the risk of a collision. If you're unsure whether you're fit to drive, it's always best to find an alternative way home, such as using a taxi, public transport, or a designated driver.

Drinkaware's [Drink Calculator](#) continues to be a vital tool in helping individuals track their alcohol consumption. To date, the calculator has helped over 214,828 people understand how many standard drinks they have consumed, enabling them to make more informed decisions about their drinking and avoid risky behaviours like drink driving.

Visit [drinkaware.ie](https://www.drinkaware.ie) for more information and advice.

Ends

Notes to the editor:

About Drinkaware: Drinkaware is a 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

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

References

1. The Road Safety Authority.

<https://www.rsa.ie/news-events/news/details/2024/12/02/rsa-launch-christmas-road-safety-campaign>