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Title : Drink Drive Awareness

Aim : To provide delegates with a general awareness of alcohol and how long it stays in the body. The effects of alcohol accumulation and the consequences driver disqualification.

Objectives : By the end of the training delegates will :-

- Be able to calculate unit consumption.
- Be able to calculate when you are free of alcohol.
- Identify from a range of drinks which contain the most units of alcohol.
- Understand why 17% of drink-drivers are convicted the 'morning after'

Duration : ½ Day

Timing : 08.30 – 12.00 inclusive of break period

Delegates : All persons who drive or operate machinery.

Tutors : Safety Trainer

Delegate / Tutor Ratio : Max 15:1

Evaluation : Through a combination of :-

- Delegate input and discussion during the course.

COURSE PROGRAMME

Course Title : Drink Drive Awareness

	Duration	Subject	Tutor
08.30	5 mins.	Introduction	Safety Trainer
08.35	10 mins.	The need for Drink Drive awareness	Safety Trainer
08.45	40 mins.	Setting the scene Think of the consequences of being convicted <ul style="list-style-type: none"> • The affect on your job • The effect on your personal life 	Safety Trainer
09.25	65 mins.	Effects of Alcohol and Drugs <ul style="list-style-type: none"> • Physical • Intellectual • Emotional • Social 	Safety Trainer
10.30	15 mins.	Break Period	
10.45	45 mins	Unit Ready Reckoner <ul style="list-style-type: none"> • Place drinks in order of Unit volume • Drink Diaries 	Safety Trainer
11.30	30 mins.	Elimination Rates When will you be alcohol free and fit to drive?	Safety Trainer
12.00		Close	