





WHAT IS A DRINK?

	Type of drink	volume	% alcohol by volume	number of drinks
BEERS 	Beer: 1 Dumpy or Can	340ml	5%	= 1 drink
	Beer lite: 1 Dumpy or can	340ml	2%	= 1/2 drink
	Beer: quart	750ml	5%	= 2 1/4 drinks
	Beer Draft	500ml	5%	= 1 drinks
	Sorghum Beer (Shake-Shake)	1 litre	8%	= 4 1/2 drinks
WINES SHERRY LIQUERS 	Wine: 1 glass	130ml	12%	= 1 drink
	Wine: 1 bottle	750ml	12%	= 6 drinks
	Sherry: 1 standard glass	50ml	20%	= 1 drink
	Liquor: 1 standard glass	80ml	20%	= 1 drink
SPIRITS BRANDY, VODKA, GIN, WHISKEY 	single tot	25ml	43%	= 2/3 drink
	double tot	50ml	43%	= 1 1/3 drinks
	1 1/2 tots	37ml	43%	= 1 drink
CIDERS ALCOHOLIC LEMONADES 	APPLE, FRUIT CIDERS			
	1 can	340ml	8%	= 1 1/2 drinks
	1 bottle	340ml	8%	= 1 1/2 drinks

HOW LONG DOES IT TAKE FOR 1 DRINK TO GET OUT OF MY BODY?

It take approximately 1 hour for the liver to remove 1 drink. There is no way to speed it up. Takes time to remove alcohol!! **"1 drink gets out in 1 hour."**

FACTS

Drinking lots of water does not remove alcohol faster.

Sleep does not remove alcohol faster.

Coffee does not make you sober

Onions, mints, garlic, diesel cannot hide alcohol from a breathalyzer



Alcohol and Drug testing **specialists**

Ensuring safer working environments for over 40 years

Help is one call away +27 12 343 8114 or visit www.alcosafe.co.za
for more information