



Top Tips for staying safe if you plan to drink

Here are some tips to help you stay in control and have a good time.

Units and mixing

The amount of alcohol in drinks varies a lot, so check the label to find the alcohol content of your drink. Many drinks now carry unit icons on the packaging or back labels.

For example, a standard glass (175ml) of wine at 12% alcohol will contain 2 units, the same as a double vodka or whisky, or a pint of traditional beer at 3.5%. Premium beers will be 4.5% or above, increasing your intake by a unit a pint, and a large glass of wine at 14% will be nearly 4 units.

Home pours of drinks are usually much

Know your limits

This bottle contains 6 glasses

Units of alcohol per 125ml glass and 75cl bottle:



bigger than pub measures, so with spirits have a long mixer and plenty of ice.

Also watch out for 'top ups' – you can kid yourself that you're still on the same drink – finish your glass first before having another drink, so it's easier to keep track of units.

Pace yourself

If you are going to be drinking over several hours – either out on the town or at friends; you could drink much more than you realise. A great way to stay on top is either not to drink at all or to alternate soft drinks or water with each alcoholic drink. Alcohol is dehydrating, so water or long refreshing pacers make a big difference – especially if you're dancing and using energy!

A quick bite

It's very tempting, especially if you're going out straight from college or work, not to eat. Having a quick sandwich or bowl of cereal before you go out will slow the absorption of alcohol into the blood stream.

Try and limit rounds of drinks to 2 or 3 friends as otherwise each time someone buys a round you'll be tempted to say yes to get your money's worth! If you are in a big group and others are drinking faster – or more than you want – skip a round, go and sit down, have a dance or opt out.

Look out for each other

Surveys show that over 30% of us have taken risks or got into an uncomfortable situation by either going home after a night out on our own or with a stranger. Don't risk it! Also, never leave your drink unattended in bars and clubs or accept drinks from complete strangers. (See the [drink spiking factsheet on alcoholeducationtrust.org/wp-content/uploads/2018/03/drink_spiking_sheet.pdf](https://www.alcoholeducationtrust.org/wp-content/uploads/2018/03/drink_spiking_sheet.pdf)). Look out for your mates and make sure they look out for you.



Plan how you're going to get home before you go out

If you haven't got a designated driver or an arranged lift, make sure you've got the number for a reliable taxi or know the times of public transport and keep aside enough money to get home safely. If you have to walk home, don't walk through unlit or unsafe areas and never walk home on your own. Make sure your phone is fully charged and that someone at home knows where you are going.



Party planning

When you're having a party, you want your friends to have a great time, naturally. However, you want to be a responsible host too, so here are some simple tips to make sure you all have a good time without things getting out of hand.

- If alcohol is served, keep an eye on the size of measures – don't be too generous and try to stick to pub measures and smaller glasses.
- Offer plenty of water and alcohol free alternatives.
- Serve food - it really helps to soak up the alcohol.
- Watch the strength of mix in home made cocktails – use plenty of ice and mixers.
- If people have had a bit too much to drink, encourage them (very nicely) to have a soft drink. Tell a 'white lie' – like the beer has run out!
- Keep a special eye out for young people and make sure they're OK.
- Make sure everyone can get home safely, using a designated driver, public transport, or taxi.
- Have taxi phone numbers available and if at all possible pre-book.
- As host, make sure you set a good example and drink in moderation.

Safer Summer Holidays

If you're going away for sun, sea and fun, have a great time - just try and remember these simple tips.

- If you travel by air, especially on long flights don't be tempted to drink too much, even if it is free! Water and soft drinks are a better choice as both alcohol and altitude dehydrate you.
- Because alcohol dehydrates you, and the heat of the sun makes it worse, drink at least a litre of water a day.
- Don't let drink lead you into risky situations, with strangers, swimming pools or unknown places.
- Mixing drink with sports, from volleyball to rock climbing, can lead to injuries. So play it safe. Likewise, midnight swimming and drinking is never advisable.
- If you're going out in the car, decide beforehand who's going to be your designated driver. It's their job to make sure you all get home safely.
- Bars abroad often serve larger measures of spirits than at home so just two vodkas could be the same as four or five at home.
- When you're relaxing in a beer garden, on the beach, or at a BBQ, lather on the

sun lotion. A combination of hangover and sunburn is enough to spoil anyone's holiday.

- In some countries, alcohol is restricted or banned. Consult your guidebook or travel agent before you go, and respect local laws and customs. Apart from being common courtesy, ignoring advice can lead to serious punishment.
- When waiting for your flight at the airport don't drink too much as you may not be allowed to travel.
- Many insurance companies won't pay up if you have an accident after drinking too much.
- It is important to check drink drive limits when abroad as they may be lower. Most of Europe has a BAC limit of 0.05 (Sweden 0.02 and Hungary zero) – and in the US it is illegal to have any alcohol in your blood if you're under 21 and driving.
- Don't risk spending your holiday behind bars – nominate one amongst the group to be the designated driver before you go out, book a taxi, or use public transport.

Festivals

- Make sure you go with friends you can rely on - stick together and have regular meet up times during the day and evening. Take plenty of sun cream, wellies, waterproof and a hat



- Food and drinks can be expensive, so take light things like cereal bars, dried fruit, frozen water and milk (keeps your stuff cool for a while). Don't take anything valuable - take a cheap phone with a long battery life and a wind up or solar charger.
- Just because you're in a party atmosphere, don't trust people you don't know well or be tempted to try things they may offer you.

Top tips for the morning after

If in spite of your best intentions you end up drinking more than you should, there are a few things you can do to ease the morning after.

- Drink as much water as you can before going to sleep, and put some beside the bed too.
- Take an antacid to settle your stomach.
- Alcohol is a depressant, so tea or coffee can perk you up (but they can also dehydrate you, so keep up the water as well). Drinking lowers your blood sugar level, so eat as soon as you can. Bananas, cereal, or egg on toast are all good morning-after snacks.
- Never ever do hair of the dog - you'll just prolong the agony.
- Have 48 hours without alcohol if it was a heavy session.
- And next time, either refrain from drinking or set a clear limit before the party and stick to recommended guidelines. Follow our top tips and you won't suffer again.

If it all goes wrong

Drinking very large amounts in one session can lead to alcohol poisoning, unconsciousness, coma or even death. If it all goes wrong, it's essential to get emergency help...

If someone loses consciousness after drinking too much, here's what to do:

- keep them on their side with their head turned to the side (the recovery position).
- make sure they're breathing and their mouth and airways are clear.
- if they stop breathing, start mouth to mouth resuscitation.
- loosen any tight clothing that might restrict their breathing.
- keep them warm (but not too hot) - with blankets or a coat.
- call an ambulance but don't leave them... ask someone reliable to phone the ambulance.

If someone vomits you should:

- try to keep them sitting up
- if they must lie down, make sure they're in the recovery position and that their mouth and airway are clear
- if they begin to choke, get help immediately
- don't leave them even if you can't bear the sight or smell of someone vomiting. Alcohol poisoning is extremely dangerous. It can lead to a coma and in extreme cases, death. The amount of alcohol it takes to cause alcohol poisoning depends on many factors, including size, weight, age and so on. Teenagers and inexperienced drinkers are particularly vulnerable.

Someone may have alcohol poisoning if:

- they are breathing less than twelve times a minute or stop breathing for periods of ten seconds or more
- they're asleep and you can't wake them up
- their skin is cold, clammy, pale and bluish in colour

if you suspect someone has alcohol poisoning, treat it as a medical emergency - call an ambulance and stay with the person until help arrives.

Is it worth it?

You're far more likely to be involved in an accident, a fight, be robbed or assaulted or to get in trouble with the police if you get drunk. If you end up with a criminal record, it affects your chances of a good career and you could lose your driving licence through letting things get out of hand.

Even drinking to get drunk occasionally can have serious consequences. It affects your judgement and can increase risky behaviour, which could result in:

- injuries and accidents
- unsafe sex, which could lead to sexually transmitted infections and unplanned pregnancy
- being robbed or going home with a stranger
- fights, arguments and relationship problems
- getting into trouble with the police and getting a criminal record.

