



Absolutely no drinking and driving!

Don't drink and drive, don't allow it, don't tolerate it, and don't overlook it.

One night rest is not enough!

Rough standards for 1 Unit of Alcohol in each beverage.

- 1 unit** of beer = 500ml at 5% alcohol content
- 1 unit** of Japanese rice wine = 180ml at 15% alcohol content
- 1 unit** of Chu-hi = 350 ml at 7% alcohol content
- 1 unit** of Whisky = 60ml(2 shots) at 43% alcohol content
- 1 unit** of Wine = 200ml (2 small glasses) at 12% alcohol content



It takes about 4 hours to metabolize alcohol.

For instance, if you drink 3 units of alcohol

The metabolization of only 2 units of alcohol are needed 8 hours sleeping.

This means that alcohol still remain in your body in the morning.

Driving while intoxicated

- Revocation of the license (3 years disqualification)

Driving under the influence of alcohol

- 90 days suspension
- Revocation of license(2 years disqualification)

In consideration of your next day work, drink the appropriate amount capable for the alcohol to break down during sleep hours.