

hire a keg

Australia

Drink & Party safe guide

Visit us online at www.hireakeg.com.au

Hire a Keg supports drinking responsibly

There are many myths and misconceptions about alcohol, and a lot of people **haven't had** a lot of experience managing events. **We've built this guide to** share some of our experience, and help you avoid some of the potential issues so that you have a safer, more enjoyable night!



Our friendly staff are all RSA certified and can help ensure that your guests drink responsibly

Drink Driving

One of the biggest killers on Australia's roads is drink driving!

Approximately one quarter of all fatal car crashes in Australia involved someone who was over the limit, **every one of those deaths was someone's** son, daughter, wife, husband, brother, sister, mother, father, or friend, could you live with the fact that you'd killed someone and could have avoided it by being responsible?

Even being slightly over the limit is a big risk!

Between .05 and .08 you are at least 5 times more likely to have an accident **than when you started drinking!** If you've got any doubt about how much you've had to drink or if you feel impaired at all, get someone who hasn't had a drink to drive. Think about it, **what's more painful?** Having to drive 15 minutes down the road, or getting a call that a loved one has been seriously hurt?

How much can I drink?

Regardless of the legal limit the best option is always if you're going to drink, **don't drive at all.** Even a small amount of alcohol will impair your senses to a degree whether or not you notice it.

There are quite a few factors that can affect your Blood Alcohol Concentration (BAC), and reaction to alcohol such as:

- The amount of alcohol and how quickly it was consumed
- Your body mass
- **Whether or not you've eaten**
- Your fitness level
- The health of your liver
- Your metabolism
- Medical conditions & medication

In most states the legal limit is a BAC of .05 for fully licenced drivers and .00 for Probationary and Learner drivers.

Standard Drink Guide



1.1 285ml
Full Strength Beer
4.9% Alc./Vol



1.6
425ml



0.8 285ml
Mid Strength Beer
3.5% Alc./Vol



1.2
425ml



0.6 285ml
Light Beer
2.7% Alc./Vol



0.9
425ml



1.5
375ml
Full Strength Beer
4.9% Alc./Vol



1
375ml
Mid Strength Beer
3.5% Alc./Vol



0.8
375ml
Light Beer
2.7% Alc./Vol



1.5
375ml
Pre-mix Spirits
5% Alc./Vol



1.2
300ml
Pre-mix Spirits
5% Alc./Vol



1
30ml
Spirit Nip
40% Alc./Vol



22
700ml
Bottle of Spirits
40% Alc./Vol



1
30ml
Spirit Shot
40% Alc./Vol



1
60ml
Port/Sherry
Glass
20% Alc./Vol



1.5
170ml
Average Serve of
Sparkling Wine/
Champagne
11.5% Alc./Vol



1.5
150ml
Average Serve
of Wine
12.5% Alc./Vol



7.5
750ml
Bottle
of Wine
12.5% Alc./Vol

Note. Labels on alcoholic drink containers state the number of Standard Drinks in the container.

Check the label to find out how many Standard Drinks are in the bottle or can.

The Standard Drinks shown are calculated to one decimal place. To make counting your drinks easier, you can round the numbers up or down. For example count 0.9 as 1.0 and 1.6 as 1.5.

The police are cracking down on drink drivers

The police have an ongoing campaign against drink drivers, and are now **targeting “low level” drink drivers, they’re looking at reducing the number of deaths and injuries associated with being just over the limit, and also to prevent people from graduating into the higher more risky levels of drink driving.**

The AFL and NRL finals season is a huge event on the Australian sports calendar, it’s a time where fans gather with friends, and family for BBQs and parties. If you drink and drive during this period you will get caught, so be safe, be responsible and don’t drink drive.



A booze bus could be just around the corner

It’s not just your life you’re risking!

You might think “It’s just me in the car”, but think of all the other drivers, pedestrians, cyclists. It’s simple if you drink and drive you’re a bloody idiot, you’re putting everyone at risk not just yourself.

Party Safe

Hire a Keg want's everyone to have a good night and enjoy themselves, so we've compiled a list of tips to help make sure that you have the best night possible!

Be proactive and plan your party well

Good planning can help to prevent many of the issues that you may have, here's a few things to consider when planning a party:

- Alcohol problems
- Preventing gatecrashers and unwanted guests
- Noise levels
- Keeping neighbours happy
- Rules for the party
- How to end the party
- Making sure that people are safe after the party
- Register your party with the police
- Consider hiring security



Our experienced staff can help you keep things on the right track by responsibly serving alcohol

At first glance it may seem like many of these issues are completely out of your control but there are some measures that you can take to help prevent the problems, and help you deal with them should they arise.

Alcohol problems

Alcohol problems can be prevented by not allowing guests to bring their own alcohol, that way you can control the amount served, alternatively if someone has their own drinks then maybe try asking them to have a time out, or **getting someone to drive them home if they won't slow down**. If someone passes out or becomes sick call 000 immediately. Serving finger food is also a good preventative measure.

Preventing gatecrashers and unwanted guests

The best way to control unwanted guests is to make sure that gates/doors **stay closed, and have someone controlling the main entrance. It's a good idea** to have a walk around your property and look for ways that would be gate crashers might try to sneak in. In the event that there are gatecrashers or **unwanted guests don't hesitate to call the police.**

Noise Levels

Having a responsible DJ (or someone responsible allocated to be the DJ/control music) is always helpful here, set a time at the start of the party when the music gets turned down and make sure they stick to it. Choosing the right area to hold the party is always helpful with noise too – try to pick an area which will expose the neighbours to as little of the noise as possible.

Keeping the neighbours happy

Be considerate of your neighbours, try to keep guests contained on your property rather than roaming the streets or in neighbours yards. Keeping gates locked and controlling your entry/exit points will help with this a lot. **Also let your neighbours know that you're holding a party,** either in person or leave them a note, a little bit of consideration can go a long way.

Rules for the party

Establish set rules and stick to them, establish out of bounds areas, and enforce them, decide whether people are allowed inside or only outside. Clear, well defined rules are essential to keeping a party under control.

How to end the party

Turning down the music, and stopping serving alcohol are probably the two **best ways to finish up the party. It's a good idea to do this** at least half hour to an hour before the end to ease people into it. Also ask around and see if **people need taxi's called for them, and help them out.**

Making sure that people are safe after the party

Consider allowing guests to sleep over, or alternatively you could also offer to call someone for them to be picked up, have a designated driver, make them aware of public transport options, or call a taxi for them. Ensure sure that no one drink drives, take their keys off them if need be, and make alternate arrangements for them if **you think it's a possibility.**



It's always good to have a great party, but be sure to plan ahead and make sure that everyone gets home safely too.

Register your party with the police

Contact your local police station and let them know that you're having a party, that way they've got a heads up and know where to help out if things become too much for you to handle.

If in doubt hire security

If you think there's any risk of trouble then don't risk it hire professionals to keep an eye on things, and make sure you tell them about your concerns. Even having someone who looks authoritative will be enough in most cases to deter would-be trouble makers. Hire a keg can provide professional security guards upon request.

Responsible drinking

Everyone responds differently **to alcohol, there's a few things** that you should take into consideration prior to having a drink.

- Will I need to drive tomorrow?
- Am I on any medication?
- How will I get home?
- Have I eaten?



Alcohol may stay in your system for over 10 hours!

If you've got a BAC of .15 it will probably take about 10 hours before you have no measurable alcohol in your blood stream. Alcohol is metabolised by the body at a rate of roughly .015 BAC per hour (this doesn't vary much with size/weight/sex/race). So if you've had a late night especially if you're on your probationary license, or if you've got to get up early to drive that even with a BAC of .10 you'll need a minimum of 3.5 hours before you're under .05! and almost 7 hours before you have no measurable alcohol in your system.

Alcohol can react with medication in unexpected ways

There's no telling how alcohol will react with different medications, it's always a good idea to ask your doctor if it's safe to drink with the medication, and if it will affect your ability to drive if you do so.

Food will slow the absorption of alcohol into your body

Make sure you have something to eat – it will slow the absorption of alcohol into your body and prevent you getting drunk as quickly. Keep in mind that the alcohol will still be absorbed. **Eating something doesn't mean that you can drink faster, or drink more, still regulate your drinking and be safe!**

Coffee or caffeine will not affect the metabolism of alcohol

Whilst it might make you feel a little better **it won't do anything to help** metabolise the alcohol, your body will still process it at the same rate. The **best thing to do if you're feeling drunk or a little seedy after a big night is to** have a glass of water and rehydrate, and have something small to eat.

Pace yourself

It's generally a good idea to limit yourself to one drink per hour or at least have one non-alcoholic drink between drinks to space it out, water or a sports drink is generally a good choice as alcohol is a diuretic so drinking those will help keep you hydrated and help prevent a hangover.

Avoid shots, skulling, and drinking games

Whilst things like shots, skulling contests, beer bong, and drinking games might sound like great fun, although **it's also a good way to end up with a** nice case of alcohol poisoning or end up doing something stupid. Take it easy, and just enjoy your drink =)

Keep an eye on your drink at all times

Drink **spiking's don't just happen at clubs, they can happen at parties** too – always keep an eye on your drink and if you have to put it down leave it with a friend that you trust, and if in doubt chuck it out.

Resources

If you're looking for more information on alcohol, drinking responsibly, and party resources check out the following sites:

Websites:

Parties

Party tips and party registration for NSW - <http://www.mynite.com.au>

Victoria Police Partysafe program - http://www.police.vic.gov.au/content.asp?Document_ID=9566

Queensland Police Party Safe -

<http://www.police.qld.gov.au/programs/cscp/personalSafety/youth/partySafe.htm>

Reach out - Safe Partying guide - <http://au.reachout.com/find/articles/safe-partying>

Drink driving

TAC Drink driving campaign -

<http://www.tacsafety.com.au/jsp/content/NavigationController.do?areaID=13&tierID=1&navID=8A3442C4&navLink=null&pageID=145>

Alcohol/drinking information

Emedicinehealth.com alcohol intoxication information -

http://www.emedicinehealth.com/alcohol_intoxication/article_em.htm

Thesite.org what drink does

<http://www.thesite.org/drinkanddrugs/drinking/responsible/drinking/whatdrinkdoes>

TAC – Information on how alcohol impairs you

<http://www.tacsafety.com.au/jsp/content/NavigationController.do?areaID=13&tierID=2&navID=79C0A0AA7F00000100517A059EAFAEC9&navLink=null&pageID=329>