

# KNOW YOUR LIMITS



## Toolkit for public libraries

A guide to using the Know Your Limits beer goggles kit in your community.



# Know your limits

## TOOLKIT FOR PUBLIC LIBRARIES

Alcohol is the most widely used and socially acceptable recreational drug in Australia. It is commonly drunk in social situations for its relaxing effects, which tend to reduce people's inhibitions.

Alcohol is absorbed rapidly into the bloodstream and affects the brain within about five minutes. It depresses the central nervous system, slowing down heart rate, breathing and other body functions. Some of its effects include loss of alertness and coordination and slower reaction times, impaired memory and judgement and blurred or double vision. Because alcohol affects judgement, sight and coordination, drinking often causes accidents – especially car crashes and drowning.

According to the National Health and Medical Research Council (NHMRC):

*As the intake of alcohol increases on a single occasion, there is an increase in adverse effects such as drowsiness, loss of balance, nausea and vomiting. Initial adverse effects of alcohol consumption are the potential decrease in fine motor skills and the loss of inhibitions...*

*The amount of alcohol consumed on a single occasion affects the risk of accidents and injury during and immediately after drinking. Each additional drink can increase the risk of injury and death for the drinker, and may place others at risk.<sup>1</sup>*

Know Your Limits is an alcohol education kit for use in public libraries in NSW. The aim of the kit is to provide community members with information and resources to improve their knowledge and awareness of the harms and risks associated with alcohol and the dangers of impaired driving.

The aim of the kit is to:

- increase clients' knowledge of how motor skills, hand eye co-ordination and judgement are impaired by alcohol
- provide clients with engaging and interactive activities to increase sustainable learning regarding alcohol.

The information in this toolkit is developed and provided by Drug Info, State Library of NSW and is a guide to using the Know Your Limits beer goggles kit in public libraries. Drug Info provides up-to-date information about alcohol and other drugs via a dedicated website and through local public libraries in New South Wales. Drug Info is a partnership between the NSW Ministry of Health and the State Library of NSW.

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<sup>1</sup> *Australian guidelines to reduce health risks from drinking alcohol*, National Health and Medical Research Council, 2020  
< [nhmrc.gov.au/about-us/publications/australian-guidelines-reduce-health-risks-drinking-alcohol](http://nhmrc.gov.au/about-us/publications/australian-guidelines-reduce-health-risks-drinking-alcohol) >

## BLOOD ALCOHOL CONCENTRATION (BAC)

### What is BAC?

Blood alcohol concentration (BAC) is a measure of the amount of alcohol in the body in grams of alcohol per 100 millilitres of blood (g/100mL). A BAC of 0.05 means you have 0.05 grams (50 milligrams) of alcohol in every 100 millilitres of blood.

### Effects on behavior

BAC begins to rise as soon as someone starts drinking and can continue to increase for up to two hours after they have stopped drinking. As more alcohol is consumed and the BAC rises, performance and behaviour deteriorate progressively.

BAC Level	Effects of alcohol <sup>2</sup>
Up to 0.05g%	Talkative Relaxed More confident
0.05–0.08g%	Talkative Acts and feels self-confident Judgment and movement impaired Inhibitions reduced
0.08–0.15g%	Speech slurred Balance and coordination impaired Reflexes slowed Visual attention impaired Unstable emotions Nausea, vomiting
0.15–0.30g%	Unable to walk without help Apathetic, sleepy Laboured breathing Unable to remember events Loss of bladder control Possible loss of consciousness
Over 0.30g%	Coma Death

<sup>2</sup> “Blood alcohol concentration” Drug and Alcohol Services South Australia <[bit.ly/2iZORE9](https://bit.ly/2iZORE9)>

Alcohol affects people differently. Two people who drink the same amount can have different BACs. This is caused by factors such as:

- Size and weight – a smaller person will have a higher BAC from the same amount of alcohol
- Gender – a woman the same height and weight as a man, drinking the same amount, will have a higher BAC
- Liver function – an unhealthy liver will process alcohol slower than a healthy liver
- Recent consumption of food – lack of food in your stomach means you will absorb alcohol into your blood faster. However, eating food after you have been drinking will not reduce your BAC
- Fitness, fatigue and general health condition – your BAC can be higher if you are not feeling well, you are tired, stressed or unfit<sup>3</sup>

## Measuring BAC

Blood alcohol concentration can be measured with a breathalyser, or by analysing a sample of blood, saliva or urine. BAC calculators can be used to *estimate* BAC levels; however, these should be used as a guide only and cannot accurately predict if someone is safe to drive.

## Sobering up

Sobering up, or getting the alcohol out of your body, takes time. Just about 10% of alcohol leaves the body in breath, sweat and urine, but most is broken down by the liver. The liver can only get rid of about one standard drink\* per hour. Nothing can speed this up – not even black coffee, cold showers, exercise or vomiting. You can still be over the legal limit even a few hours after your last drink, even if you feel okay.

Don't assume it's safe to drive the morning after drinking – especially after a binge.<sup>4</sup>

## BAC and the law<sup>5</sup>

If you drink and drive over the legal drink-driving limit, you are breaking the law and could lose your licence, get a fine or go to prison. The drink-driving limit refers to the amount of alcohol in a person's bloodstream or BAC. The offence is 'driving with a prescribed concentration of alcohol' (PCA offence).

In Australia, the legal limit for drinking and driving for most people is .05 BAC. In NSW there are three blood alcohol limits:

**Zero** applies to:

- ALL learner drivers.
- ALL Provisional 1 drivers.
- ALL Provisional 2 drivers.
- ALL visiting drivers holding an overseas or interstate learner, provisional or equivalent licence.

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<sup>3</sup> "Blood alcohol limits" NSW Centre for Road Safety

<[roadsafety.transport.nsw.gov.au/stayingsafe/alcoholdrugs/drinkdriving/bac/index.html](https://roadsafety.transport.nsw.gov.au/stayingsafe/alcoholdrugs/drinkdriving/bac/index.html)>

<sup>4</sup> "Alcohol: the facts" NSW Health [yourroom.health.nsw.gov.au/a-z-of-drugs/Pages/alcohol.aspx](https://yourroom.health.nsw.gov.au/a-z-of-drugs/Pages/alcohol.aspx)

\* For information about standard drinks, see the Know Your Standards program: [pls.sl.nsw.gov.au/statewide-services/drug-info-public-libraries/know-your-standards-program](https://pls.sl.nsw.gov.au/statewide-services/drug-info-public-libraries/know-your-standards-program)

<sup>5</sup> "Drink and Drug Driving Penalties", NSW Government [nsw.gov.au/driving-boating-and-transport/demerits-penalties-and-offences/offences/alcohol-and-drug-offences/drink-and-drug-driving-penalties](https://nsw.gov.au/driving-boating-and-transport/demerits-penalties-and-offences/offences/alcohol-and-drug-offences/drink-and-drug-driving-penalties)

**Under 0.02** applies to:

- Drivers of vehicles of "gross vehicle mass" greater than 13.9 tonnes.
- Drivers of vehicles carrying dangerous goods.
- Drivers of public vehicles such as taxi or bus drivers.

A BAC of 0.02 can be reached after the consumption of only one standard drink (a middy of beer, a nip of spirits or a small glass of wine). This means that drivers subject to a 0.02 limit should not consume any alcohol before driving.

**Under 0.05** applies to:

- ALL other licences (including overseas and interstate licence holders) not subject to a 0.02 or zero limit.

Alcohol is involved in around one third of all road deaths. Anyone under the influence of alcohol who kills or injures another person while driving can be sentenced to a term in prison.

## KNOW YOUR LIMITS IN PUBLIC LIBRARIES

The Know Your Limits kit is available for loan to NSW public libraries for use in public programs, outreach activities, and library events. The kit can be used with small or large groups.

The loan period is 4 weeks.

### Know your limits (beer goggles) kit



- White Label Fatal Vision goggles: low impairment (estimated BAC < .06)
- Red Label Fatal Vision goggles: moderate-high impairment (estimated BAC .12 to .15+)
- Ball
- Alcup
- Marker cones
- Sanitizing wipes
- Carry bag

The aim of the kit is to:

- increase clients' knowledge of how motor skills, hand eye co-ordination and judgement are impaired by alcohol
- provide clients with engaging and interactive activities to increase sustainable learning regarding alcohol.

The pack contains 2 pairs of Fatal Vision goggles, each with a different BAC level. These levels simulate the impairment associated with a level of Blood Alcohol Concentration (BAC).

The goggles provide the chance to experience how alcohol impairs a person's balance, vision, reaction time, and judgement.

The White Label goggle simulates a low level of impairment, an estimated BAC of less than .06. The effect of the White Label goggle will be subtle, as in the beginning stages of low impairment.

The Red Label goggle simulates a moderate to high level of impairment, an estimated BAC of .12 to .15+. Impairment is more apparent and easily recognised.

Request a loan of a Know Your Limits beer goggles kit via online form:

[plsnsw.wufoo.eu/forms/drug-info-loan-request/](https://plsnsw.wufoo.eu/forms/drug-info-loan-request/)

## Support material

Use material from the Know Your Standards program to support events and activities. More information is available on the Know Your Standards page:

[pls.sl.nsw.gov.au/statewide-services/drug-info-public-libraries/know-your-standards-program](https://pls.sl.nsw.gov.au/statewide-services/drug-info-public-libraries/know-your-standards-program)

### Pamphlets

A list of pamphlets relating to alcohol is available on the Drug Info website:

[pls.sl.nsw.gov.au/statewide-services/drug-info-public-libraries/delivering-drug-info-your-library](https://pls.sl.nsw.gov.au/statewide-services/drug-info-public-libraries/delivering-drug-info-your-library)

- Alcohol: the facts
- Your pocket guide to a good night out
- Your guide to dealing with teenagers and alcohol
- Your guide to dealing with grog
- Your guide to dealing with teenagers and grog
- Information for women about pregnancy and alcohol

Information about how to order the pamphlets is available here:

[pls.sl.nsw.gov.au/statewide-services/drug-info-public-libraries/delivering-drug-info-your-library](https://pls.sl.nsw.gov.au/statewide-services/drug-info-public-libraries/delivering-drug-info-your-library)

### Online resources

Alcohol: the facts, NSW Health [yourroom.health.nsw.gov.au/a-z-of-drugs/Pages/alcohol.aspx](https://yourroom.health.nsw.gov.au/a-z-of-drugs/Pages/alcohol.aspx)

Drink and Drug Driving Penalties, NSW Government [nsw.gov.au/driving-boating-and-transport/demerits-penalties-and-offences/offences/alcohol-and-drug-offences/drink-and-drug-driving-penalties](https://nsw.gov.au/driving-boating-and-transport/demerits-penalties-and-offences/offences/alcohol-and-drug-offences/drink-and-drug-driving-penalties)

Drink driving charges and you, NSW Legal Aid

[legalaid.nsw.gov.au/ways-to-get-help/publications-and-resources/drink-driving-charges-and-you](https://legalaid.nsw.gov.au/ways-to-get-help/publications-and-resources/drink-driving-charges-and-you)

## WHEN & HOW YOU CAN USE THE KNOW YOUR LIMITS BEER GOGGLES KIT



Here are some ideas for using the Know Your Limits kit in your library:

- Hold a Know Your Limits session for library/council staff
- Combine a Know Your Limits beer goggles demonstration with youth-related events such as HSC Lock-Ins
- Offer to deliver a Know Your Limits session as part of local driving workshops
- Combine a Know Your Limits demonstration with a legal talk on cars and driving during Law Week
- Hold a stall at a local health and wellbeing expo and combine a Know Your Standards standard drink demonstration with Know Your Limits activities
- Partner with local agencies such as the Roads and Maritime Services, CDATs and/or non-government agencies to provide demonstrations and information about drink-driving to your local community
- Present a beer goggles session to library reading groups, parent's groups, youth groups or other client groups
- Offer a beer goggles session to local high schools
- Host a presentation by local police on alcohol and young people/partying and run a Know Your Limits session



## KNOW YOUR LIMITS SESSION



Review and select tasks from the list of suggested activities. Gather equipment required and practice your demonstration.

Ask participants to perform task once without goggles.

Show the progression of impairment using the White and Red Label beer goggles. Have the participant complete an activity with the White Label goggles and then repeat using the Red Label goggles. This is a good way to show that cognitive impairment begins with the first drink and can limit a person's ability to recognise how impaired they may be.

Ask participants not wearing the Fatal Vision goggles to observe the actions and behaviour of the individuals who are wearing goggles.

After the participant has completed the activity wearing the goggles, refer to the BAC chart and relate changes in behaviour to the goggles impairment level.

### **Caution:**

- Don't allow participants to wear the goggles for an extended period (more than 10 minutes) as they will begin to compensate for the effects of the goggles.
- Watch participants closely when they attempt to do any activity while wearing the Fatal Vision goggles. The goggles distort vision, and participants wearing the goggles could inadvertently injure themselves.

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## Suggested activities

1. Have a participant sit in a chair, put on the Fatal Vision goggles, then stand up, and walk to another chair and sit down.

*Equipment required: two chairs and Fatal Vision goggles*

2. Have two participants stand a couple of metres apart and toss a stress ball back and forth.

*Equipment required: stress ball and Fatal Vision goggles*

3. Place coins or another other small object on the floor, have the participant wearing Fatal Vision goggles attempt to pick up the object.

*Equipment required: coins or other small object and Fatal Vision goggles*

4. Have participants pour water into a plastic cup, carry it across the room, and hand it to someone.

*Equipment required: plastic cup, jug or bottle of water and Fatal Vision goggles*

5. Using the Know Your Standards resin kit ask participants wearing Fatal Vision goggles to pour a designated standard drink (e.g. scotch). Use an AlcoCup Standard Drinks Measure Cup to measure the number of standard drinks contained in their poured serving.

*Equipment required: Know Your Standards resin kit, jug or bottle of water and Fatal Vision goggles*

6. Ask participants to attempt to write a text message such as "I'm on my way home from the pub" on a mobile device while wearing the Fatal Vision goggles. To extend this activity ask participants to walk a straight line while texting.

*Equipment required: mobile device and Fatal Vision goggles*

7. Ask participants to work in pairs. Instruct one participant to walk around a designated area wearing the Fatal Vision goggles accompanied by a 'buddy' who will assist them to avoid obstacles. Ask the buddies to observe and report on the behaviour of their partner wearing the goggles, taking note of how they respond to instructions and the volume of their voice. Participants should swap and repeat the task after no more than 5 minutes.

*Equipment required: Fatal Vision goggles and a defined area to work in*

8. Use marker cones to designate a mini obstacle course. Ask participants wearing to weave their way through the course wearing Fatal Vision goggles without stepping on any cones.

*Equipment required: marker cones and Fatal Vision goggles*

9. Use markers cones to make a goal. Ask one participants to attempt to either save or score a goal while wearing Fatal Vision goggles.

If trying to score a goal whilst wearing the Fatal Vision goggles participants will be required to kick the ball into the designated goal mouth.

If trying to save a goal whilst wearing the Fatal Vision Beer Goggles, the participant wearing the goggles will attempt to save the ball which has been kicked by another person, who is not wearing Fatal Vision goggles.

*Equipment required: marker cones, ball and Fatal Vision goggles*

10. Ask participants wearing the Fatal Vision goggles to dress a doll in a nappy and light clothing. After dressing the doll the participant should attempt to “feed” the doll using an empty baby’s bottle.

*Equipment required: doll, doll’s nappy and clothing, baby’s bottle and Fatal Vision goggles*

11. Set up a table-top game such as pool, air-hockey or table tennis. Ask a group of 4 participants to play a mini game. Two of the group should wear Fatal Vision goggles and play against two participants who are not wearing goggles. After no more than five minutes ask the participants to swap and repeat the task.

*Equipment required: table tennis, pool or air-hockey game and Fatal Vision goggles*

12. Use a gaming device such as a Wii, Xbox or Playstation to play a driving/racing game (e.g. Mario Kart). Ask participants to complete a specified number of laps without wearing goggles to gauge their ability at the game. Ask participants to repeat the activity wearing the Fatal Vision goggles and compare.

*Equipment required: gaming device, driving/racing game and Fatal Vision goggles*

## PROMOTION AND REPORTING

### REPORTING

IMPORTANT! Don't forget to report your event or activity to Drug Info using our activity and event reporting form. Please use the online form to report every Know Your Limits event or activity you undertake at your library:

[plsnsw.wufoo.eu/forms/event-and-activity-report-drug-info-and-fla/](https://plsnsw.wufoo.eu/forms/event-and-activity-report-drug-info-and-fla/)

### Social Media

Use your library social media channels to provide links to useful online resources to reinforce the messages and to support people to make informed decisions and choices about drinking.

Use the following hashtags on Twitter (and Instagram/Tumblr):

#knowyourstandards

#knowyourlimits

#nswpubliclibraries

#druginfoibsnsw

#### Sample tweets:

*Find out how alcohol can affect your ability to perform everyday tasks at XX Library #knowyourlimits*

*How does drinking affect your ability to perform everyday tasks? Visit XX Library to find out #knowyourlimits #nswpubliclibraries*

### Images

Send images to [drug.info@sl.nsw.gov.au](mailto:drug.info@sl.nsw.gov.au) for inclusion on social media.

*Please note that any images received will be attributed to your library and include a caption of the event. We understand most libraries now have consent to release photos for use in print and social media. When you send your photos you are agreeing to them being used in print and social media (online). If you do not want photos to be used online please do not send them. We look forward to receiving and sharing your photos.*

### REFERENCES

"Alcohol: the facts" NSW Health [yourroom.health.nsw.gov.au/a-z-of-drugs/Pages/alcohol.aspx](https://yourroom.health.nsw.gov.au/a-z-of-drugs/Pages/alcohol.aspx)

Australian guidelines to reduce health risks from drinking alcohol, National Health and Medical Research Council [nhmrc.gov.au/health-advice/alcohol](https://nhmrc.gov.au/health-advice/alcohol)

Drink and Drug Driving Penalties, NSW Government [nsw.gov.au/driving-boating-and-transport/demerits-penalties-and-offences/offences/alcohol-and-drug-offences/drink-and-drug-driving-penalties](https://nsw.gov.au/driving-boating-and-transport/demerits-penalties-and-offences/offences/alcohol-and-drug-offences/drink-and-drug-driving-penalties)

"Blood alcohol concentration" Drug and Alcohol Services South Australia [bit.ly/2iZORE9](https://bit.ly/2iZORE9)

"Blood alcohol limits" Alcohol and Drug Foundation [adf.org.au/insights/blood-alcohol-levels/](https://adf.org.au/insights/blood-alcohol-levels/)

Know Your Standards program, Drug Info, State Library of NSW [pls.sl.nsw.gov.au/statewide-services/drug-info-public-libraries/know-your-standards-program](https://pls.sl.nsw.gov.au/statewide-services/drug-info-public-libraries/know-your-standards-program)