

Personal Breathalyser Test Sheet

How to use

Enter the type and quantity of alcohol consumed (eg. 3 x 440ml lager, 4.5% - 500ml wine, 11% etc) in the top box so that you know the total amount consumed. Then enter the time you start and finish consuming Alcohol.

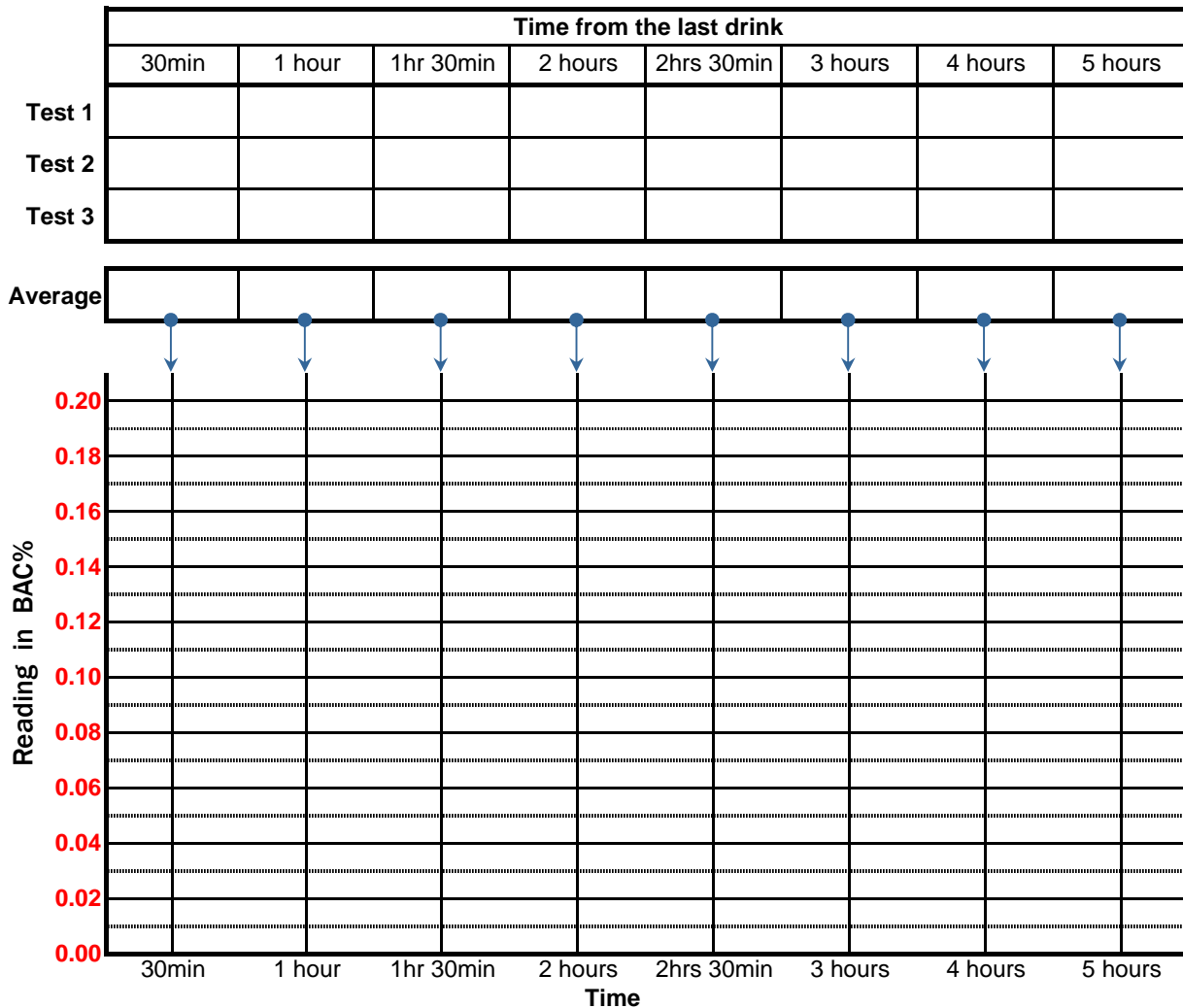
Wait 30 minutes from your last drink and carry out your first 3 tests, entering the results as test 1, 2 & 3 and taking an average reading from the three. Once you have reached zero (or 5 hours later, whichever is first), enter the average readings on the graph below and join them up; this will give you a picture of how long it takes you to metabolise the alcohol. (If you have a Pro detector reading mg/100ml, to enter on the graph divide the result by 100 - ie. 80mg/100ml = 0.08 BAC%)

For further information go to www.UKBreathalysers.com & select "Advice & FAQ" from the menu on the "Home" page.

Alcohol Consumed:

Time of First Drink:

Time of Last Drink:



Don't forget that the only **SAFE** limit is **ZERO** - and that the **ONLY way to accurately determine the exact level of alcohol in the blood is via a blood test** or evidential breathalyser. The information gained from a personal detector is for information only and **MUST NOT** be used to solely determine the users level of intoxication.