

8-Hours: Bottle to Throttle!



Many of us like to have a beer, wine, or other alcoholic beverage from time to time. As professional drivers and in our personal lives as motorists, it is essential that we recognize the only thing that removes alcohol from our bodies is time! Strong black coffee, fresh air, loud music, or any other stimulant will NOT change the influence of alcohol on our bodies and our brains.

A rule of thumb that is commonly used by professional pilots is “*eight-hours bottle to throttle.*” Don’t operate that truck until it has been at least eight hours since your last alcoholic drink. You are the one responsible for your own drinking behavior. Do the right thing!

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