

Alcohol Breath Test



Instructions for Use

One Step® is a disposable breathalyser used to measure blood alcohol content from a breath sample. The lowest blood alcohol content detected by One Step® is 0.2 g/L (grams per litre). The drink driving limits for all EU Countries is shown below in g/L in the same format as the One Step® breathalyser.

Drink/Driving Limits.

These are the maximum drink driving limits across Europe for drivers as well as special limits for commercial and novice drivers where applicable. Shown in g/L.

	Standard	Commercial drivers	Novice drivers		Standard	Commercial drivers	Novice drivers
Austria	0.5	0.1	0.1	Latvia	0.5	0.5	0.2
Belgium	0.5	0.2	0.5	Lithuania	0.4	0.0	0.0
Bulgaria	0.5	0.5	0.5	Luxembourg	0.5	0.2	0.2
Croatia	0.5	0.0	0.0	Malta	0.8	0.8	0.8
Cyprus	0.5	0.2	0.2	Netherlands	0.5	0.5	0.2
Czech Republic	0.0	0.0	0.0	Poland	0.2	0.2	0.2
Denmark	0.5	0.5	0.5	Portugal	0.5	0.2	0.2
Estonia	0.2	0.2	0.2	Romania	0.0	0.0	0.0
Finland	0.5	0.5	0.5	Slovakia	0.0	0.0	0.0
France	0.5	0.5 (0.2 bus drivers)	0.2	Slovenia	0.5	0.0	0.0
Germany	0.5	0.0	0.0	Spain	0.5	0.3	0.3
Greece	0.5	0.2	0.2	Sweden	0.2	0.2	0.2
Hungary	0.0	0.0	0.0	UK [j]	0.8	0.8	0.8
Ireland	0.5	0.2	0.2	Switzerland	0.5	0.1	0.1
Italy	0.5	0.0	0.0				

[j] Scotland 0,5 as of December 2014 for all groups. The rest of the UK (England, Wales and Northern Ireland) remain unchanged.
Last updated: December 2017 (Source: European Transport Safety Council)

A 0.2g/l by volume blood alcohol content may impair driving ability, causing a direct risk to the life of yourself and of fellow road users. It should be remembered that blood alcohol level rises over about an hour from the moment alcohol is consumed and the level will also depend on gender, weight, fitness, consumption rate, type of alcohol and consumption of food as well as many other factors. One Step® comprises a glass tube, an active substance in the form of absorption granules, fillers, aluminium foils and 2 protective caps.

Manufacturer: HURTOWNIKGROUP Marciniak Spółka Jawna, ul. Dekoracyjna 3/B38, 65-155 Zielona Góra, Poland.
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Version 1.4 08.06.18

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Belgium	0.5	0.2	0.5	Lithuania	0.4	0.0	0.0
Bulgaria	0.5	0.5	0.5	Luxembourg	0.5	0.2	0.2
Croatia	0.5	0.0	0.0	Malta	0.8	0.8	0.8
Cyprus	0.5	0.2	0.2	Netherlands	0.5	0.5	0.2
Czech Republic	0.0	0.0	0.0	Poland	0.2	0.2	0.2
Denmark	0.5	0.5	0.5	Portugal	0.5	0.2	0.2
Estonia	0.2	0.2	0.2	Romania	0.0	0.0	0.0
Finland	0.5	0.5	0.5	Slovakia	0.0	0.0	0.0
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Instructions for use:

1. The test must be performed at least 15 minutes after last consuming alcohol. Refrain from smoking prior to taking the test.
2. Pierce the protective foil by firmly pressing the protective caps inwards on both sides of the breathalyser until you feel it "click".



3. Take a deep breath and blow into the mouthpiece in the same direction as the arrows on the breathalyser. Breath should be blown out twice for approximately 10 seconds each time. Do not interrupt the breathing out cycle. Make sure air is coming out of the other side of the breathalyser. If not, go back and repeat all steps from step 2.



4. Compare the test result with the colour scale chart on the side of the breathalyser between 2-4 minutes after performing the test. Do not read the result after 4 minutes.



5. If the crystals in the inner part of the tube, which were white before commencing the test, show colour, this means that the person who took the test is under the influence of alcohol and should not, under any circumstances, operate or drive vehicles. The approximate blood alcohol content in g/L may be read by comparing the result with the colour chart located on the breathalyser. Please note that the colour change in crystals may not be uniform; some white areas may still be visible despite alcohol content being shown.
6. After use dispose of the breathalyser in an appropriate waste container.

Please Note:

Open One Step® directly before use. One Step® may only be used once. Keep One Step® away from direct sunlight and extreme temperatures. Store One Step® in a cool and dry place away from the reach of children. Particular component elements of One Step® may pose a risk to life if swallowed. Incorrect use may lead to the glass tube breaking or shattering, causing cuts and injuries. There is a risk of swallowing other elements. One Step® results will be reliable if used correctly. One Step® is designed for personal use and is not approved for official blood alcohol content measurement. The blood alcohol content readout may not be used as evidence, and in particular to demonstrate being/not being intoxicated after consuming alcohol. In such circumstances, in order to accurately test for blood alcohol content an approved breathalyser or laboratory test should be conducted. The manufacturer shall not be held legally responsible for the results or test reliability.

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