



Alcohol Use, Impact and Impairment

Men										
Approximate Blood Alcohol Percentage										
Drinks	Body Weight in Pounds									
	100	120	140	160	180	200	220	240		
0	.00	.00	.00	.00	.00	.00	.00	.00	.00	Only Safe Driving Limit
1	.04	.03	.03	.02	.02	.02	.02	.02	.02	Impairment Begins
2	.08	.06	.05	.05	.04	.04	.03	.03	.03	Driving Skills Significantly Affected Possible Criminal Penalties
3	.11	.09	.08	.07	.06	.06	.05	.05	.05	
4	.15	.12	.11	.09	.08	.08	.07	.06	.06	
5	.19	.16	.13	.12	.11	.09	.09	.08	.08	Legally Intoxicated Criminal Penalties
6	.23	.19	.16	.14	.13	.11	.10	.09	.09	
7	.26	.22	.19	.16	.15	.13	.12	.11	.11	
8	.30	.25	.21	.19	.17	.15	.14	.13	.13	
Subtract .01% for each 40 minutes of drinking. One drink is 1.25 oz. of 80 proof liquor, 12 oz. of beer, or 5 oz. of table wine.										

Women										
Approximate Blood Alcohol Percentage										
Drinks	Body Weight in Pounds									
	90	100	120	140	160	180	200	220	240	
0	.00	.00	.00	.00	.00	.00	.00	.00	.00	Only Safe Driving Limit
1	.05	.05	.04	.03	.03	.03	.02	.02	.02	Impairment Begins
2	.10	.09	.08	.07	.06	.05	.05	.04	.04	Driving Skills Significantly Affected Possible Criminal Penalties
3	.15	.14	.11	.10	.09	.08	.07	.06	.06	
4	.20	.18	.15	.13	.11	.10	.09	.08	.08	
5	.25	.23	.19	.16	.14	.13	.11	.10	.09	Legally Intoxicated Criminal Penalties
6	.30	.27	.23	.19	.17	.15	.14	.12	.11	
7	.35	.32	.27	.23	.20	.18	.16	.14	.13	
8	.40	.36	.30	.26	.23	.20	.18	.17	.15	
Subtract .01% for each 40 minutes of drinking. One drink is 1.25 oz. of 80 proof liquor, 12 oz. of beer, or 5 oz. of table wine.										

These charts are based upon consuming these drinks within one hour.

Women's bodies have LESS water than men's bodies do - so less dilution of alcohol in the bloodstream. One ounce of liquor in a 100 lb. woman gives you a higher BAC than one ounce of liquor in a 200 lb. man.

Men also have more of the enzyme that breaks down alcohol in their stomachs (as much as 30% -twice as much as women!), so less alcohol hits their bloodstreams.



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Alcohol's actual effects vary from person to person depending upon their own tolerance. This chart list the general effects of various blood alcohol levels and is intended only as a guide.

Alcohol should never be consumed when taking other medications whether prescribed or over the counter without first checking with your physician or pharmacist. Many drugs when combined with alcohol can have serious negative health consequences.

- ❖ **BAC .02 TO .04**
 - Mood is intensified
 - Slight memory and judgment impairment

- ❖ **BAC .05 to .06**
 - Warm relaxing feeling
 - Emotions and mood become exaggerated
 - Slight balance and speech disturbance

- ❖ **BAC .07 to .13**
 - Speech noticeably impaired
 - Significant reaction time loss
 - The feeling of mild depression or nervousness
 - Short-term memory loss
 - Judgment is seriously impaired
 - Legal intoxication is .08 to .10 depending on particular state law

- ❖ **BAC .14 to .17**
 - All physical and mental abilities impaired
 - Balance disturbance resulting in standing and walking difficulty

- ❖ **BAC .18 to .30**
 - General confusion and haziness
 - All Cognitive abilities disrupted

- ❖ **BAC .40 and above**
 - Alcohol-induced coma
 - Possible death

As alcohol is a drug, it has specific and predictable effects upon the body.

Alcohol is absorbed through the capillaries in the mouth first. The majority of alcohol goes into the stomach, where it mixes with food (if any). Up to 20% absorbed in the stomach. The remainder passes into the small intestine. Food helps to combat the alcohol caused irritation to the stomach

The higher the concentration of alcohol (type of drink consumed), 50% or 100 proof absorbed faster than lower concentrated like beer.