BLOOD ALCOHOL LEVELS AND EFFECTS

Alcohol's effects are roughly predictable from the amount of alcohol in the bloodstream, assuming that no tolerance has been developed. The following list indicates what effects alcohol typically has at several Blood Alcohol Levels:

Light and moderate drinkers begin to feel some effect (about one drink).

	3
.04%	Most people begin to feel relaxed.
.06%	Judgment is somewhat impaired; people are less able to make rational decisions about their capabilities, for example driving.
.08%	Definite impairment of muscle coordination and driving skills. Increased risk of nausea and slurred speech.
.10%	Although reaction time is affected after the first drink, there is a clear deterioration of reaction time and control at this level.
.15%	Balance and movement are impaired. Risk of blackouts, accidents, nausea, passing out and hangovers.
.30%	Many people lose consciousness.
.40%	Most people lose consciousness, some die.
.45%	Breathing stops, death occurs.

*Note: these effects occur for people who have not developed a high tolerance for alcohol. For people with high tolerances, these effects may not occur until higher levels of intoxication. Heavy drinkers must therefore consume more alcohol to achieve the same effects as moderate drinkers which costs more money and is more harmful to the body.

ONE DRINK = 4 ozs. wine; or 1 cocktail; or 12 ozs. beer; or 1 oz. shot



.02%







Approximate Blood Alcohol Levels as a Function of Number of Drinks and Time Determined by Weight for Women

100 lb. Female		NUM OF H	BER OURS						
		1	2	3	4	5	6	7	8
NUMBER	1	.029	.013	-	-	-	-	-	-
OF DRINKS	2	.074	.058	.042	.026	.010	-	-	-
	3	.119	.103	.087	.071	.055	.039	.023	.007
	4	.164	.148	.132	.116	.100	.084	.068	.052
	5	.209	.193	.177	.161	.145	.129	.113	.097
	6	.254	.238	.222	.206	.190	.174	.158	.142
	7	.299	.283	.267	.251	.235	.219	.203	.187
	8	.344	.328	.312	.296	.280	.264	.248	.232
	9	.389	.373	.357	.341	.325	.309	.293	.277
	10	.434	.418	.402	.386	.370	.354	.338	.322
	11	.479	.463	.447	.431	.415	.399	.383	.367
:	12	.524	.508	.492	.476	.460	.444	.428	.412
120 lb		NUM OF H	BER OURS						
Femal	е	1	2	3	4	5	6	7	8
NUMBER	1	004	.005	_	_	_	_	_	_
OF		.021	.005					_	
•	2	.021	.043	.027	.011	-	-	-	-
DRINKS	-1					.032	- .016	-	- -
•	2	.059	.043	.027			.016 .054	.038	.022
•	2	.059 .096	.043 .080	.027 .064	.048		.054	.038	.022
•	2 3 4 5 6	.059 .096 .134	.043 .080 .118	.027 .064 .102	.048 .086	.070 .107	.054		-
•	2 3 4 5 6 7	.059 .096 .134 .171	.043 .080 .118 .155	.027 .064 .102 .139	.048 .086 .123	.070 .107	.054 .091 .129	.075	.059
•	2 3 4 5 6 7 8	.059 .096 .134 .171 .209	.043 .080 .118 .155 .193	.027 .064 .102 .139 .177	.048 .086 .123 .161	.070 .107 .145	.054 .091 .129 .166	.075 .113	.059 .097
•	2 3 4 5 6 7	.059 .096 .134 .171 .209 .246	.043 .080 .118 .155 .193 .230	.027 .064 .102 .139 .177	.048 .086 .123 .161 .198	.070 .107 .145 .182	.054 .091 .129 .166 .204	.075 .113 .150	.059 .097 .134
DRINKS	2 3 4 5 6 7 8 9	.059 .096 .134 .171 .209 .246 .284	.043 .080 .118 .155 .193 .230	.027 .064 .102 .139 .177 .214	.048 .086 .123 .161 .198 .236	.070 .107 .145 .182 .220	.054 .091 .129 .166 .204	.075 .113 .150 .188 .225	.059 .097 .134 .172
DRINKS	2 3 4 5 6 7 8 9	.059 .096 .134 .171 .209 .246 .284 .321 .359	.043 .080 .118 .155 .193 .230 .268	.027 .064 .102 .139 .177 .214 .252	.048 .086 .123 .161 .198 .236	.070 .107 .145 .182 .220	.054 .091 .129 .166 .204 .241	.075 .113 .150 .188 .225 .263	.059 .097 .134 .172 .209

140 lb.		NUM OF H	IBER OURS						
Female	е	1	2	3	4	5	6	7	8
NUMBER	1	.016	-	-	-	-	-	-	-
OF DRINKS	2	.048	.032	.016	-	-	-	-	-
	3	.080	.064	.048	.032	.016	-	-	-
	4	.112	.096	.080	.064	.048	.032	.016	-
	5	.144	.128	.112	.096	.080	.064	.048	.032
	6	.176	.160	.144	.128	.112	.096	.080	.064
	7	.209	.193	.177	.161	.145	.129	.113	.097
	8	.241	.225	.209	.193	.177	.161	.145	.129
	9	.273	.257	.241	.225	.209	.193	.177	.161
:	10	.305	.289	.273	.257	.241	.225	.209	.193
:	11	.337	.321	.305	.289	.273	.257	.241	.225
1	12	.369	.353	.337	.321	.305	.289	.273	.257

-	12	.369	.353	.337	.321	.305	.289	.273	.257
160 lb.		NUM OF H	BER OURS						
Femal	е	1	2	3	4	5	6	7	8
NUMBER	1	.012	-	-	-	-	-	-	-
OF DRINKS	2	.040	.024	.008	-	-	-	-	-
	3	.068	.052	.036	.020	.004	-	-	-
	4	.096	.080	.064	.048	.032	.016	-	-
	5	.124	.108	.092	.076	.060	.044	.028	.012
	6	.152	.136	.120	.104	.088	.072	.056	.040
	7	.180	.164	.148	.132	.116	.100	.084	.068
	8	.209	.193	.177	.161	.145	.129	.113	.097
	9	.237	.221	.205	.189	.173	.157	.141	.125
:	10	.265	.249	.233	.217	.201	.185	.169	.153
	11	.293	.277	.261	.245	.229	.213	.197	.181
	12	.321	.305	.289	.273	.257	.241	.225	.209
		1							

180 lb. Female		NUM OF H	BER OURS						
		1	2	3	4	5	6	7	8
NUMBER	1	.009	-	-	-	-	-	-	-
OF DRINKS	2	.034	.018	.002	-	-	-	-	-
	3	.059	.043	.027	.011	-	-	-	-
	4	.084	.068	.052	.036	.020	.004	-	-
	5	.109	.093	.077	.061	.045	.029	.013	-
	6	.134	.118	.102	.086	.070	.054	.038	.022
	7	.159	.143	.127	.111	.095	.079	.063	.047
	8	.184	.168	.152	.136	.120	.104	.088	.072
	9	.209	.193	.177	.161	.145	.129	.113	.097
	10	.234	.218	.202	.186	.170	.154	.138	.122
:	11	.259	.243	.227	.211	.195	.179	.163	.147
1	12	.284	.268	.252	.236	.220	.204	.188	.172

200 lb. Female		NUM OF H	BER OURS						
		1	2	3	4	5	6	7	8
NUMBER	1	.006	-	-	-	-	-	-	-
OF DRINKS	2	.029	.013	-	-	-	-	-	-
	3	.051	.035	.019	.003	-	-	-	-
	4	.074	.058	.042	.026	.010	-	-	-
	5	.096	.080	.064	.048	.032	.016	-	-
	6	.119	.103	.087	.071	.055	.039	.023	.007
	7	.141	.125	.109	.093	.077	.061	.045	.029
	8	.164	.148	.132	.116	.100	.084	.068	.052
	9				.138				
-	10				.161				
	11				.183				
	12	.254	.238	.222	.206	.190	.174	.158	.142

ONE DRINK = 4 ozs. wine; or 1 cocktail; or 12 ozs. beer; or 1 oz. shot

These charts are for your information and are not intended to convey that drinking is safe. Drinking alcoholic beverages is unlawful for those under 21 years of age.

Approximate Blood Alcohol Levels as a Function of Number of Drinks and Time Determined by Weight for Men

120 lk		NUM OF H			
Male	- 1				
Iviaic	'	1	2	3	4
NUMBER OF	1	.015	-	-	-
DRINKS	2	.046	.030	.014	-
	3	.077	.061	.045	.029
	4	.109	.093	.077	.061
	5	.140	.124	.108	.092
	6	.171	.155	.139	.123
	7	.202	.186	.170	.154
	8	.234	.218	.202	.186
	9	.265	.249	.233	.217
	10	.296	.280	.264	.248
	11	.327	.311	.295	.279
:	12	.359	.343	.327	.311
140 lb.		NUM	RFR		
		_			
		_	OURS		
140 lt Male		_		3	4
Male NUMBER	;	OF H	OURS	3	4
Male	1 2	0FH 1	OURS	3 - .005	4 - -
Male NUMBER OF	1 2 3	0FH 1 .010	OURS 2 -	-	4 - - .016
Male NUMBER OF	1 2 3 4	0FH 1 .010 .037	OURS 2 - .021	.005	- - -
Male NUMBER OF	1 2 3 4 5	0FH 1 .010 .037 .064	OURS 2 - .021 .048	.005	.016
Male NUMBER OF	1 2 3 4 5 6	0FH 1 .010 .037 .064 .091	OURS 2021 .048 .075	.005 .032 .059	.016
Male NUMBER OF	1 2 3 4 5 6 7	0FH 1 .010 .037 .064 .091 .117	.021 .048 .075 .101	.005 .032 .059	.016 .043 .069
Male NUMBER OF	1 2 3 4 5 6 7 8	0FH 1 .010 .037 .064 .091 .117 .144	.021 .021 .048 .075 .101	.005 .032 .059 .085	.016 .043 .069
Male NUMBER OF	1 2 3 4 5 6 7	0FH 1 .010 .037 .064 .091 .117 .144	.021 .021 .048 .075 .101 .128	.005 .032 .059 .085 .112	.016 .043 .069 .096
Male NUMBER OF DRINKS	1 2 3 4 5 6 7 8	0FH 1 .010 .037 .064 .091 .117 .144 .171	.021 .048 .075 .101 .128 .155	.005 .032 .059 .085 .112 .139	.016 .043 .069 .096 .123
Male NUMBER OF DRINKS	1 2 3 4 5 6 7 8 9	0FH 1 .010 .037 .064 .091 .117 .144 .171 .198 .225	.021 .048 .075 .101 .128 .155 .182	.005 .032 .059 .085 .112 .139 .166	.016 .043 .069 .096 .123 .150
Male NUMBER OF DRINKS	1 2 3 4 5 6 7 8 9	0FH 1 .010 .037 .064 .091 .117 .144 .171 .198 .225 .251	.021 .048 .075 .101 .128 .155 .182 .209	.005 .032 .059 .085 .112 .139 .166 .193	.016 .043 .069 .096 .123 .150 .177

160 lb.		NUME OF HO							
Male		1	2	3	4	5	6	7	8
	1	.007	-	-	-	-	-	-	-
DKIINO	2	.030	.014	-	-	-	-	-	-
;	3	.054	.038	.022	.006	-	-	-	-
	4	.077	.061	.045	.029	.013	-	-	-
	5	.101	.085	.069	.053	.037	.021	.005	-
	6	.124	.108	.092	.076	.060	.044	.028	.012
	7	.148	.132	.116	.100	.084	.068	.052	.036
	8	.171	.155	.139	.123	.107	.091	.075	.059
	9	.194	.178	.162	.146	.130	.114	.098	.082
10	- 1	.218	.202	.186	.170	.154	.138	.122	.106
1		.241	.225	.209	.193	.177	.161	.145	.129
1:	2	.265	.249	.233	.217	.201	.185	.169	.153
180 lb.		NUM OF H	BER DURS						
Male		1	2	3	4	5	6	7	8
	1	.004	-	-	-	-	-	-	-
DRINNS	2	.025	.009	-	-	-	-	-	-
;	3	.046	.030	.014	-	-	-	-	-
	4	.067	.051	.035	.019	.003	-	-	-
	5	.088	.072	.056	.040	.024	.008	-	-
	6	.109	.093	.077	.061	.045	.029	.013	-
	7	.129	.113	.097	.081	.065	.049	.033	.017
	8	.150	.134	.118	.102	.086	.070	.054	.038
	9	.171	.155	.139	.123	.107	.091	.075	.059
10	0	.192	.176	.160	.144	.128	.112	.096	.080
1	-1	.213	.197	.181	.165	.149	.133	.117	.101
1:	2	.234	.218	.202	.186	.170	.154	.138	.122

200 lb.		NUME OF HO							
Male		1	2	3	4	5	6	7	8
NUMBER	1	.002	-	-	-	-	-	-	-
OF DRINKS	2	.021	.005	-	-	-	-	-	-
	3	.040	.024	.008	-	-	-	-	-
	4	.059	.043	.027	.011	-	-	-	-
	5	.077	.061	.045	.029	.013	-	-	-
	6	.096	.080	.064	.048	.032	.016	-	-
	7	.115	.099	.083	.067	.051	.035	.019	.003
	8	.134	.118	.102	.086	.070	.054	.038	.022
	9	.152	.136	.120	.104	.088	.072	.056	.040
	10	.171	.155	.139	.123	.107	.091	.075	.059
	11	.190	.174	.158	.142	.126	.110	.094	.078
:	12	.209	.193	.177	.161	.145	.129	.113	.097
220 lb		NUM OF HO							
Male		1	2	3	4	5	6	7	8
NUMBER	1	.001	-	-	-	-	-	-	-
OF DRINKS	2	.018	.002	-	-	-	-	-	-
	3	.035	.019	.003	-	-	-	-	-
	4	.052	.036	.020	.004	-	-	-	-
	5	.069	.053	.037	.021	.005		-	-
	6	.086	.070	.054	.038	.022	.006	-	-
	7	.103	.087	.071	.055	.039	.023	.007	-
	8	.120	.104	.088	.072	.056	.040	.024	.008
	9	.137	.121	.105	.089	.073	.057	.041	.025
;	10	.154	.138	.122	.106	.090	.074	.058	.042
	11	.171	.155	.139	.123	.107	.091	.075	.059
	12	.188	.172	.156	.140	.124	.108	.092	.076

ONE DRINK = 4 ozs. wine; or 1 cocktail; or 12 ozs. beer; or 1 oz. shot These charts are for your information and are not intended to convey that drinking is safe. Drinking alcoholic beverages is unlawful for those under 21 years of age.