Blood Alcohol Levels and Effects*

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

- .02% Light and moderate drinkers begin to feel some effect (about one drink).
- .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

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

120 lb.		HOURS					160	Ih	HOUR	HOURS							
1	ale	1	2	2	4		Male		1	2	3	4	E	c	7	0	
		1	2	3	4				.007		<u> </u>	4	5	6	7	8	
	1	.015	-	-	-			1	.030	-	-	-	-	-	-	-	
	2	.046	.030	.014	-			2	.054	.014	-	-	-	-	-	-	
	3	.077	.061	.045	.029			3 4	.077	.038	.022	.006	-	-	-	-	
S	4	.109	.093	.077	.061		တ္သ		.101	.061	.045	.029	.013	-	-	-	
₹	5	.140	.124	.108	.092		NUMBER OF DRINKS	5	.124	.085	.069	.053	.037	.021	.005	-	
	6	.171	.155	.139	.123			6	.148	.108	.092	.076	.060	.044	.028	.012	
NUMBER OF DRINKS	7	.202	.186	.170	.154			7 8	.171	.132	.116	.100	.084	.068	.052	.036	
JMB	8	.234	.218	.202	.186				.194	.155	.139	.123	.107	.091	.075	.059	
=	9	.265	.249	.233	.217			9	.218	.178	.162	.146	.130	.114	.098	.082	
	10	.296	.280	.264	.248			10	.241	.202	.186	.170	.154	.138	.122	.106	
	11	.327	.311	.295	.279			11	.265	.225	.209	.193	.177	.161	.145	.129	
	12	.359	.343	.327	.311			12		.249	.233	.217	.201	.185	.169	.153	
140 lb.		HOURS				i		Ì	HOURS								
140) lh.	поо	RS				180	lb.	HOU	RS							
) lb. ale			2	4		180 Ma	- 1			2	4	-	0	7	0	
		1	2 2	3	4			- 1	нои 1	2 2	3	4	5	6	7	8	
	ale 1			3	4	_		le 1	.004	2	3	4	5	6	7	8	
	1 2	1	2			_		1 2	1	.009							
	ale 1	.010	2	-	-	-		le 1	.004	2							
	1 2	.010 .037	.021	.005	-	_		1 2 3 4	.004 .025	.009	-						
Ma	1 2 3 4 5	.010 .037 .064	.021 .048	.005 .032	- - .016	-	Ма	1 2 3 4 5	.004 .025 .046	.009 .030	- - .014	- - -	- - -				
Ma	1 2 3 4	.010 .037 .064 .091	.021 .048 .075	.005 .032 .059	- .016 .043	_	Ма	1 2 3 4	.004 .025 .046 .067	.009 .030 .051	.014 .035	- - - .019	- - - .003	- - -			
Ma	1 2 3 4 5	1 .010 .037 .064 .091 .117	.021 .048 .075 .101	.005 .032 .059	.016 .043 .069	_	Ма	1 2 3 4 5 6 7	.004 .025 .046 .067	.009 .030 .051 .072	.014 .035 .056	.019	.003	- - - - .008	- - - -		
Ma	1 2 3 4 5 6	.010 .037 .064 .091 .117	2 .021 .048 .075 .101	.005 .032 .059 .085	.016 .043 .069	-	Ма	1 2 3 4 5 6	1 .004 .025 .046 .067 .088 .109	- .009 .030 .051 .072	.014 .035 .056	.019 .040	.003 .024 .045	- - - .008 .029	- - - - - .013	- - - - -	
Ma	1 2 3 4 5 6 7	1 .010 .037 .064 .091 .117 .144	.021 .048 .075 .101 .128	.005 .032 .059 .085 .112	.016 .043 .069 .096		Ма	1 2 3 4 5 6 7	.004 .025 .046 .067 .088 .109	2 .009 .030 .051 .072 .093 .113	.014 .035 .056 .077	.019 .040 .061	.003 .024 .045	- - - .008 .029	- - - - .013	- - - - - - .017	
	1 2 3 4 5 6 7 8	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			1 2 3 4 5 6 7 8	.004 .025 .046 .067 .088 .109 .129	2 .009 .030 .051 .072 .093 .113 .134	.014 .035 .056 .077 .097	.019 .040 .061 .081	.003 .024 .045 .065	.008 .029 .049		- - - - - .017	
Ma	1 2 3 4 5 6 7 8 9	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		Ма	1 2 3 4 5 6 7 8 9	1 .004 .025 .046 .067 .088 .109 .129 .150	.009 .030 .051 .072 .093 .113 .134	.014 .035 .056 .077 .097 .118	.019 .040 .061 .081 .102	.003 .024 .045 .065 .086	.008 .029 .049 .070	.013 .033 .054 .075	- - - - - .017 .038	
Ma	1 2 3 4 5 6 7 8 9 10	1 .010 .037 .064 .091 .117 .144 .171 .198 .225	2 .021 .048 .075 .101 .128 .155 .182 .209	.005 .032 .059 .085 .112 .139 .166 .193	.016 .043 .069 .096 .123 .150 .177		Ма	1 2 3 4 5 6 7 8 9 10	1 .004 .025 .046 .067 .088 .109 .129 .150 .171	2 .009 .030 .051 .072 .093 .113 .134 .155	.014 .035 .056 .077 .097 .118 .139	.019 .040 .061 .081 .102 .123	.003 .024 .045 .065 .086 .107	.008 .029 .049 .070 .091	.013 .033 .054 .075	.017 .038 .059	

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

200 lb.	HOURS								260 lb.	HOURS							
Male	1	2	3	4	5	6	7	8	Male	1	2	3	4	5	6	7	8
1	.002	-	-	-	-	-	-	-	1	-	-	-	-	-	-	-	-
2	.021	.005	-	-	-	-	-	-	2	.013	-	-	-	-	-	-	-
3	.040	.024	.008	-	-	-	-	-	3	.027	.011	-	-	-	-	-	-
4	.059	.043	.027	.011	-	-	-	-	4	.042	.026	.010	-	-	-	-	-
5	.077	.061	.045	.029	.013	-	-	-	5	.056	.040	.024	.008	-	-	-	-
6	.096	.080	.064	.048	.032	.016	-	-	6	.071	.055	.039	.023	.007	-	-	-
7	.115	.099	.083	.067	.051	.035	.019	.003	7	.085	.069	.053	.037	.021	.005	-	-
8	.134	.118	.102	.086	.070	.054	.038	.022	8	.099	.083	.067	.051	.035	.019	.003	-
9	.152	.136	.120	.104	.088	.072	.056	.040	9	.114	.098	.082	.066	.050	.034	.018	-
10	.171	.155	.139	.123	.107	.091	.075	.059	10	.128	.112	.096	.080	.064	.048	.032	-
11	.190	.174	.158	.142	.126	.110	.094	.078	11	.143	.127	.111	.095	.079	.063	.047	-
12	.209	.193	.177	.161	.145	.129	.113	.097	12	.157	.141	.125	.109	.093	.077	.061	-
220 lb.	HOURS								280 lb.	280 lb. HOURS							
Male	1	2	3	4	5	6	7	8	Male	1	2	3	4	5	6	7	8
1	.001	-	-	-	-	-	-	-	1	-	-	-	-	-	-	-	-
2	.018	.002	-	-	-	-	-	-	2	.011	-	-	-	-	-	-	-
3	.035	.019	.003	-	-	-	-	-	3	.024	.008	-	-	-	-	-	-
4	.052	.036	.020	.004	-	-	-	-	4	.038	.022	.006	-	-	-	-	-
5	.069	.053	.037	.021	.005		-	-	5	.051	.035	.019	.003	-	-	-	-
6	.086	.070	.054	.038	.022	.006	-	-	6	.064	.048	.032	.016	-	-	-	-
7	.103	.087	.071	.055	.039	.023	.007	-	7	.078	.062	.046	.030	.014	-	-	-
8	.120	.104	.088	.072	.056	.040	.024	.008	8	.091	.075	.059	.043	.027	.011	-	-
9	.137	.121	.105	.089	.073	.057	.041	.025	9	.105	.089	.073	.057	.041	.025	.009	-
10	.154	.138	.122	.106	.090	.074	.058	.042	10	.118	.102	.086	.070	.054	.038	.022	-
11	.171	.155	.139	.123	.107	.091	.075	.059	11	.131	.115	.099	.083	.067	.051	.035	-
12	.188	.172	.156	.140	.124	.108	.092	.076	12	.145	.129	.113	.097	.081	.065	.049	

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

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