

ALCOHOL IMPAIRMENT CHART

The BAC Charts provided below are intended as a tool to evaluate your own use and risk level.
These charts are not intended to be a guideline for how much a person can drink and still drive or avoid being arrested.

| MEN | | | | | | | | | | |
|--------------------------------------|-----------------------|-----|-----|-----|-----|-----|-----|-----|--------------------|--|
| Approximate Blood Alcohol Percentage | | | | | | | | | | |
| Drinks | Body Weight in Pounds | | | | | | | | Behavioral Effects | |
| | 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 .02% loss of judgment - slight body warmth - altered mood |
| 2 | .08 | .06 | .05 | .05 | .04 | .04 | .03 | .03 | .03 | Driving Skills Significantly Affected: exaggerated behavior - loss of control - impaired judgment - altered alertness - release of inhibition |
| 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 | |
| 6 | .23 | .19 | .16 | .14 | .13 | .11 | .10 | .09 | .09 | Legally Intoxicated .08%; coordination becomes poor -harder to detect danger- impaired judgment - self-control - reasoning and memory |
| 7 | .26 | .22 | .19 | .16 | .15 | .13 | .12 | .11 | .11 | |
| 8 | .30 | .25 | .21 | .19 | .17 | .15 | .14 | .13 | .13 | |
| 9 | .34 | .28 | .24 | .21 | .19 | .17 | .15 | .14 | .14 | |
| | | | | | | | | | | Substantial Impairment .15% decreased muscle control -vomiting - major loss of balance -decrease in visual and auditory information processing |
| 10 | .38 | .31 | .27 | .23 | .21 | .19 | .17 | .16 | .16 | Death Possible |

Subtract .01% for each 40 minutes of drinking. One drink is 1.5 oz. of 80 proof liquor, 12 oz. of beer, or 5 oz. of table wine.

IMPORTANT NOTE: Blood Alcohol Level (BAL) charts are not 100% accurate and do not take into consideration a wide range of additional variables that contribute to the determination of BAL achieved and the behavioral effects experiences at a given BAL. These additional variables include: sex, age, water to body mass ratio, ethanol metabolism, tolerance level, drugs or medications taken, amount and type of food in the stomach during consumption, speed of consumption, and general physical condition. **Disclaimer:** These charts are **estimates only** and should never be used alone to determine any individual's safe level of drinking.

—Developed by Steffie Genevieve, MSW, LICSW, SAP using nationally recognized statistics collected from various sources.

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| WOMEN | | | | | | | | | | | |
|--------------------------------------|-----------------------|-----|-----|-----|-----|-----|-----|-----|-----|--------------------|--|
| Approximate Blood Alcohol Percentage | | | | | | | | | | | |
| Drinks | Body Weight in Pounds | | | | | | | | | Behavioral Effects | |
| | 90 | 100 | 120 | 140 | 160 | 180 | 200 | 200 | 220 | | |
| 0 | .00 | .00 | .00 | .00 | .00 | .00 | .00 | .00 | .00 | .00 | Only Safe Driving Limit |
| 1 | .05 | .05 | .04 | .03 | .03 | .03 | .02 | .02 | .02 | .02 | Impairment Begins .02% loss of judgment - slight body warmth - altered mood |
| 2 | .10 | .09 | .08 | .07 | .06 | .05 | .05 | .04 | .04 | .04 | Driving Skills Significantly Affected: exaggerated behavior - loss of control - impaired judgment - altered alertness - release of inhibition |
| 3 | .15 | .14 | .11 | .10 | .09 | .08 | .07 | .06 | .06 | .06 | |
| 4 | .20 | .18 | .15 | .13 | .11 | .10 | .09 | .08 | .08 | .08 | |
| 5 | .25 | .23 | .19 | .16 | .14 | .13 | .11 | .10 | .09 | .09 | |
| 6 | .30 | .27 | .23 | .19 | .17 | .15 | .14 | .12 | .11 | .11 | Legally Intoxicated .08%; coordination becomes poor -harder to detect danger - impaired judgment - self-control - reasoning and memory |
| 7 | .35 | .32 | .27 | .23 | .20 | .18 | .16 | .14 | .13 | .13 | |
| 8 | .40 | .36 | .30 | .26 | .23 | .20 | .18 | .17 | .15 | .15 | |
| 9 | .45 | .41 | .34 | .29 | .26 | .23 | .20 | .19 | .17 | .17 | |
| | | | | | | | | | | | Substantial Impairment .15% decreased muscle control -vomiting - major loss of balance -decrease in visual and auditory information processing |
| 10 | .51 | .45 | .38 | .32 | .28 | .25 | .23 | .21 | .19 | .19 | Death Possible |

Subtract .01% for each 40 minutes of drinking. One drink is 1.5 oz. of 80 proof liquor, 12 oz. of beer, or 5 oz. of table wine.

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