

## 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:

- .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 Women

100 lb. Female	NUMBER OF HOURS							
	1	2	3	4	5	6	7	8
NUMBER OF DRINKS 1	.029	.013	-	-	-	-	-	-
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

140 lb. Female	NUMBER OF HOURS							
	1	2	3	4	5	6	7	8
NUMBER OF DRINKS 1	.016	-	-	-	-	-	-	-
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
12	.369	.353	.337	.321	.305	.289	.273	.257

180 lb. Female	NUMBER OF HOURS							
	1	2	3	4	5	6	7	8
NUMBER OF DRINKS 1	.009	-	-	-	-	-	-	-
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
12	.284	.268	.252	.236	.220	.204	.188	.172

120 lb. Female	NUMBER OF HOURS							
	1	2	3	4	5	6	7	8
NUMBER OF DRINKS 1	.021	.005	-	-	-	-	-	-
2	.059	.043	.027	.011	-	-	-	-
3	.096	.080	.064	.048	.032	.016	-	-
4	.134	.118	.102	.086	.070	.054	.038	.022
5	.171	.155	.139	.123	.107	.091	.075	.059
6	.209	.193	.177	.161	.145	.129	.113	.097
7	.246	.230	.214	.198	.182	.166	.150	.134
8	.284	.268	.252	.236	.220	.204	.188	.172
9	.321	.305	.289	.273	.257	.241	.225	.209
10	.359	.343	.327	.311	.295	.279	.263	.247
11	.396	.380	.364	.348	.332	.316	.300	.284
12	.434	.418	.402	.386	.370	.354	.338	.322

160 lb. Female	NUMBER OF HOURS							
	1	2	3	4	5	6	7	8
NUMBER OF DRINKS 1	.012	-	-	-	-	-	-	-
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

200 lb. Female	NUMBER OF HOURS							
	1	2	3	4	5	6	7	8
NUMBER OF DRINKS 1	.006	-	-	-	-	-	-	-
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	.186	.170	.154	.138	.122	.106	.090	.074
10	.209	.193	.177	.161	.145	.129	.113	.097
11	.231	.215	.199	.183	.167	.151	.135	.119
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.