

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 Men

120 lb. Male	NUMBER OF HOURS			
	1	2	3	4
NUMBER OF DRINKS 1	.015	-	-	-
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

160 lb. Male	NUMBER OF HOURS							
	1	2	3	4	5	6	7	8
NUMBER OF DRINKS 1	.007	-	-	-	-	-	-	-
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	.218	.202	.186	.170	.154	.138	.122	.106
11	.241	.225	.209	.193	.177	.161	.145	.129
12	.265	.249	.233	.217	.201	.185	.169	.153

200 lb. Male	NUMBER OF HOURS							
	1	2	3	4	5	6	7	8
NUMBER OF DRINKS 1	.002	-	-	-	-	-	-	-
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

140 lb. Male	NUMBER OF HOURS			
	1	2	3	4
NUMBER OF DRINKS 1	.010	-	-	-
2	.037	.021	.005	-
3	.064	.048	.032	.016
4	.091	.075	.059	.043
5	.117	.101	.085	.069
6	.144	.128	.112	.096
7	.171	.155	.139	.123
8	.198	.182	.166	.150
9	.225	.209	.193	.177
10	.251	.235	.219	.203
11	.278	.262	.246	.230
12	.305	.289	.273	.257

180 lb. Male	NUMBER OF HOURS							
	1	2	3	4	5	6	7	8
NUMBER OF DRINKS 1	.004	-	-	-	-	-	-	-
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	.192	.176	.160	.144	.128	.112	.096	.080
11	.213	.197	.181	.165	.149	.133	.117	.101
12	.234	.218	.202	.186	.170	.154	.138	.122

220 lb. Male	NUMBER OF HOURS							
	1	2	3	4	5	6	7	8
NUMBER OF DRINKS 1	.001	-	-	-	-	-	-	-
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.