

BREATH ALCOHOL CONTENT AND ITS EFFECTS

Drinks per hour	Body Weight in Pounds - Approximate Breath Alcohol Concentration								Effects	
	100	120	140	160	180	200	220	240	Effects on Feeling and Behavior	Effects of Driving Ability
1	0.04	0.03	0.03	0.03	0.02	0.02	0.02	0.02	<i>Absence of observable effects. Mild alteration of feelings. Slight intensification of existing moods.</i>	<i>Most drivers seem a bit moody. Bad driving habits slightly pronounced.</i>
2	0.08	0.06	0.05	0.05	0.04	0.04	0.03	0.03		
3	0.11	0.09	0.08	0.07	0.06	0.06	0.05	0.05		
4	0.15	0.12	0.11	0.09	0.08	0.08	0.07	0.06	<i>Feelings of relaxation. Mild sedation. Exaggeration of emotions and behavior. Slight impairment of motor skills. Increase in reaction time.</i>	<i>Drivers take too long to decide and act. Motor skills (such as braking) are impaired. Recovery is increased.</i>
5	0.19	0.16	0.13	0.12	0.11	0.09	0.09	0.08		
6	0.23	0.19	0.16	0.14	0.13	0.11	0.10	0.09		
7	0.26	0.22	0.19	0.16	0.15	0.13	0.12	0.11	<i>Difficulty performing gross motor skills. Uncoordinated behavior. Definite impairment of mental abilities, judgment, and memory.</i>	<i>Judgment seriously affected. Physical and mental coordination impaired. Physical difficulty in driving a vehicle.</i>
8	0.30	0.25	0.21	0.19	0.17	0.15	0.14	0.13		
9	0.34	0.28	0.24	0.21	0.19	0.17	0.15	0.14		
10	0.38	0.31	0.27	0.23	0.21	0.19	0.17	0.16	<i>Major impairment of all physical and mental functions. Irresponsible behavior. Euphoria. Some difficulty standing, walking and talking.</i>	<i>Distortion of all perception and judgment. Driving impaired. Driver is in a daze.</i>
11		0.40	0.34	0.30	0.27	0.24	0.22	0.20		
12			0.38	0.33	0.29	0.26	0.24	0.22		
13			0.40	0.36	0.32	0.29	0.26	0.24	<i>At .40 most people have passed out. Hospitalization is probable at BAC's of .40 and above, and death imminent.</i>	<i>It is hoped that the driver passed out before trying to get in a vehicle.</i>
14				0.38	0.34	0.31	0.28	0.26		
15					0.37	0.33	0.30	0.28		

For woman - alcohol stays in the system longer and the liver is smaller

Drinks = 1 1/2 ounces of 80 proof liquor or 12 ounces of beer or 5 ounces of wine.

Provided through the courtesy of Health Works - Luther Midelfort Mayo Health System