

Blood Alcohol Content (BAC) and its Effects

Alcohol gets absorbed into the blood, resulting in a rising blood alcohol level, or BAL. As a depressant to the central nervous system, it slows down things like reaction time, coordination, and at high doses, even breathing and heart rate.

The effects *typically* seen at different levels are as follows:



.02%	Begin to feel an effect
.04%	Feel more relaxed, buzzed
.06%	Judgment starts going down, decision making is affected Less able to make rational decisions
.08%	Impairment of motor coordination Slurred speech Risk of nausea from here on out
.10%	Clear deterioration in judgment, coordination and reaction time Lack of control
.15-.30%	Risk of blackout Risk of passing out Risk of vomiting
.30-.40%	Risk of losing consciousness Risk of death
.45%	Considered a lethal dose

These effects occur for people who have not developed a high tolerance for alcohol. For people with a tolerance, these effects may not occur until higher levels of intoxication, even though the person's BAC is the same. Essentially, tolerance means needing more alcohol to get the same effect a person used to achieve with lower levels of alcohol. Tolerance reduces the pleasurable effects of alcohol and makes drinking more expensive.

Remember that if you are under 21, it is still illegal to drink, no matter your BAC level. For those over 21, a BAC over 0.08% is considered legally drunk. Because of reaction time impairment, drinking and driving is never a good idea. You can still get a DUI if your BAC is under 0.08%.

One drink is:

12 ounces of beer

4 ounces of wine

1.5 ounces of hard alcohol

Use a Solo Cup as a standard point of reference

Did You Know: The Lines on a Solo Cup are Measurement Marks



100 lb. Woman

Number of Drinks	Number of Hours					
	1	2	3	4	5	6
1	.029	.013	0	0	0	0
2	.074	.058	.042	.026	.010	0
3	.119	.103	.087	.071	.055	.039
4	.164	.148	.132	.116	.100	.084
5	.209	.193	.177	.161	.145	.129
6	.254	.238	.222	.206	.190	.174
7	.299	.283	.267	.251	.235	.219
8	.344	.328	.312	.296	.280	.264
9	.389	.373	.357	.341	.325	.309
10	.434	.418	.402	.386	.370	.354
11	.479	.463	.447	.431	.415	.399
12	.524	.508	.492	.476	.460	.444

120 lb. Woman

Number of Drinks	Number of Hours					
	1	2	3	4	5	6
1	.022	.006	0	0	0	0
2	.059	.043	.027	.011	0	0
3	.097	.081	.065	.049	.033	.017
4	.134	.118	.102	.086	.070	.054
5	.172	.156	.140	.124	.108	.092
6	.209	.193	.177	.161	.145	.129
7	.247	.231	.215	.199	.183	.167
8	.284	.268	.252	.236	.220	.204
9	.322	.306	.290	.274	.258	.242
10	.359	.343	.327	.311	.295	.279
11	.397	.381	.365	.349	.333	.317
12	.434	.418	.402	.386	.370	.354

140 lb. Woman

Number of Drinks	Number of Hours					
	1	2	3	4	5	6
1	.016	0	0	0	0	0
2	.048	.032	.016	0	0	0
3	.080	.064	.048	.032	.016	0
4	.113	.097	.081	.065	.049	.033
5	.145	.129	.113	.097	.081	.065
6	.177	.161	.145	.129	.113	.097
7	.209	.193	.177	.161	.145	.129
8	.241	.225	.209	.193	.177	.161
9	.273	.257	.241	.225	.209	.193
10	.305	.289	.273	.257	.241	.225
11	.338	.322	.306	.290	.274	.258
12	.370	.354	.338	.322	.306	.290

160 lb. Woman

Number of Drinks	Number of Hours					
	1	2	3	4	5	6
1	.012	0	0	0	0	0
2	.040	.024	.008	0	0	0
3	.068	.052	.036	.020	.004	0
4	.097	.081	.065	.049	.033	.017
5	.125	.109	.093	.077	.061	.045
6	.153	.137	.121	.105	.089	.073
7	.181	.165	.149	.133	.117	.101
8	.209	.193	.177	.161	.145	.129
9	.237	.221	.205	.189	.173	.157
10	.265	.249	.233	.217	.201	.185
11	.293	.277	.261	.245	.229	.213
12	.322	.306	.290	.274	.258	.242

180 lb. Woman

Number of Drinks	Number of Hours					
	1	2	3	4	5	6
1	.009	0	0	0	0	0
2	.034	.018	.002	0	0	0
3	.059	.043	.027	.011	0	0
4	.084	.068	.052	.036	.020	.004
5	.109	.093	.077	.061	.045	.029
6	.134	.118	.102	.086	.070	.054
7	.159	.143	.127	.111	.095	.079
8	.184	.168	.152	.136	.120	.104
9	.209	.193	.177	.161	.145	.129
10	.234	.218	.202	.186	.170	.154
11	.259	.243	.227	.211	.195	.179
12	.284	.268	.252	.236	.220	.204

200 lb. Woman

Number of Drinks	Number of Hours					
	1	2	3	4	5	6
1	.007	0	0	0	0	0
2	.029	.013	0	0	0	0
3	.052	.036	.020	.004	0	0
4	.074	.058	.042	.026	.010	0
5	.097	.081	.065	.049	.033	.017
6	.119	.103	.087	.071	.055	.039
7	.142	.126	.110	.094	.078	.062
8	.164	.148	.132	.116	.100	.084
9	.187	.171	.155	.139	.123	.107
10	.209	.193	.177	.161	.145	.129
11	.232	.216	.200	.184	.168	.152
12	.254	.238	.222	.206	.190	.174

220 lb. Woman

Number of Drinks	Number of Hours					
	1	2	3	4	5	6
1	.004	0	0	0	0	0
2	.025	.009	0	0	0	0
3	.045	.029	.013	0	0	0
4	.066	.050	.034	.018	.002	0
5	.086	.070	.054	.038	.022	.006
6	.107	.091	.075	.059	.043	.027
7	.127	.111	.095	.079	.063	.047
8	.148	.132	.116	.100	.084	.068
9	.168	.152	.136	.120	.104	.088
10	.189	.173	.157	.141	.125	.109
11	.209	.193	.177	.161	.145	.129
12	.229	.213	.197	.181	.165	.149

240 lb. Woman

Number of Drinks	Number of Hours					
	1	2	3	4	5	6
1	.003	0	0	0	0	0
2	.022	.006	0	0	0	0
3	.040	.024	.008	0	0	0
4	.059	.043	.027	.011	0	0
5	.078	.062	.046	.030	.014	0
6	.097	.081	.065	.049	.033	.017
7	.115	.099	.083	.067	.051	.035
8	.134	.118	.102	.086	.070	.054
9	.153	.137	.121	.105	.089	.073
10	.172	.156	.140	.124	.108	.092
11	.190	.174	.158	.142	.126	.110
12	.209	.193	.177	.161	.145	.129