

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



120 lb. Man

Number of Drinks	Number of Hours					
	1	2	3	4	5	6
1	.015	0	0	0	0	0
2	.047	.031	.015	0	0	0
3	.078	.062	.046	.030	.014	0
4	.109	.093	.077	.061	.045	.029
5	.140	.124	.108	.092	.076	.060
6	.172	.156	.140	.124	.108	.092
7	.203	.187	.171	.155	.139	.123
8	.234	.218	.202	.186	.170	.154
9	.265	.249	.233	.217	.201	.185
10	.297	.281	.265	.249	.233	.217
11	.328	.312	.296	.280	.264	.248
12	.359	.343	.327	.311	.295	.279

140 lb. Man

Number of Drinks	Number of Hours					
	1	2	3	4	5	6
1	.011	0	0	0	0	0
2	.038	.022	.006	0	0	0
3	.064	.048	.032	.016	0	0
4	.091	.075	.059	.043	.027	.011
5	.118	.102	.086	.070	.054	.038
6	.145	.129	.113	.097	.081	.065
7	.172	.156	.140	.124	.108	.092
8	.198	.182	.166	.150	.134	.118
9	.225	.209	.193	.177	.161	.145
10	.252	.236	.220	.204	.188	.172
11	.279	.263	.247	.231	.215	.199
12	.305	.289	.273	.257	.241	.225

160 lb. Man

Number of Drinks	Number of Hours					
	1	2	3	4	5	6
1	.007	0	0	0	0	0
2	.031	.015	0	0	0	0
3	.054	.038	.022	.006	0	0
4	.078	.062	.046	.030	.014	0
5	.101	.085	.069	.053	.037	.021
6	.125	.109	.093	.077	.061	.045
7	.148	.132	.116	.100	.084	.068
8	.172	.156	.140	.124	.108	.092
9	.195	.179	.163	.147	.131	.115
10	.218	.202	.186	.170	.154	.138
11	.242	.226	.210	.194	.178	.162
12	.265	.249	.233	.217	.201	.185

180 lb. Man

Number of Drinks	Number of Hours					
	1	2	3	4	5	6
1	.005	0	0	0	0	0
2	.026	.010	0	0	0	0
3	.047	.031	.015	0	0	0
4	.067	.051	.035	.019	.003	0
5	.088	.072	.056	.040	.024	.008
6	.109	.093	.077	.061	.045	.029
7	.130	.114	.098	.082	.066	.050
8	.151	.135	.119	.103	.087	.071
9	.172	.156	.140	.124	.108	.092
10	.192	.176	.160	.144	.128	.112
11	.213	.197	.181	.165	.149	.133
12	.234	.218	.202	.186	.170	.154

200 lb. Man

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

220 lb. Man

Number of Drinks	Number of Hours					
	1	2	3	4	5	6
1	.001	0	0	0	0	0
2	.018	.002	0	0	0	0
3	.035	.019	.003	0	0	0
4	.052	.036	.020	.004	0	0
5	.069	.053	.037	.021	.005	0
6	.086	.070	.054	.038	.022	.006
7	.103	.087	.071	.055	.039	.023
8	.120	.104	.088	.072	.056	.040
9	.137	.121	.105	.089	.073	.057
10	.154	.138	.122	.106	.090	.074
11	.172	.156	.140	.124	.108	.092
12	.189	.173	.157	.141	.125	.109

240 lb. Man

Number of Drinks	Number of Hours					
	1	2	3	4	5	6
1	0	0	0	0	0	0
2	.015	0	0	0	0	0
3	.031	.015	0	0	0	0
4	.047	.031	.015	0	0	0
5	.062	.046	.030	.014	0	0
6	.078	.062	.046	.030	.014	0
7	.093	.077	.061	.045	.029	.013
8	.109	.093	.077	.061	.045	.029
9	.125	.109	.093	.077	.061	.045
10	.140	.124	.108	.092	.076	.060
11	.156	.140	.124	.108	.092	.076
12	.172	.156	.140	.124	.108	.092

260 lb. Man

Number of Drinks	Number of Hours					
	1	2	3	4	5	6
1	0	0	0	0	0	0
2	.013	0	0	0	0	0
3	.027	.011	0	0	0	0
4	.042	.026	.010	0	0	0
5	.056	.040	.024	.008	0	0
6	.071	.055	.039	.023	.007	0
7	.085	.069	.053	.037	.021	.005
8	.099	.083	.067	.051	.035	.019
9	.114	.098	.082	.066	.050	.034
10	.128	.112	.096	.080	.064	.048
11	.143	.127	.111	.095	.079	.063
12	.157	.141	.125	.109	.093	.077