

BAC	Effects*
.02	About one drink. Light or moderate drinkers feel some effect, usually warmth and relaxation. Drivers under 21 will have their license suspended.
.04	About one and a half drinks in an hour. Most people feel relaxed, talkative, happy; the skin may flush. Fine motor coordination will be affected.
.05	About two drinks in an hour. First recognizable changes occur, with lightheadedness, giddiness, lowered inhibitions and less control of thoughts. Restraint and judgment are lessened and coordination may be slightly altered. Driving is significantly more dangerous and should be avoided.
.08	Three to five drinks in an hour. Muscle coordination is impaired and reaction time is slower. There is sensory numbness in the face and lips. Hands, arms and legs may tingle, then feel numb. Loss of self-control. Crash risk greatly increased. Legally intoxicated in most states for drivers over age 21.
.10	About five drinks in an hour. A clear deterioration of reaction time and muscle control is present. Slurred speech and a general clumsiness are present.
.15	Five to seven drinks in an hour. Balance and movement are dangerously impaired and all faculties are affected. Equivalent of one-half a pint of whisky in bloodstream.
.20	Seven to ten drinks in an hour. Motor and emotional controls are measurably affected. Slurred speech, staggering, loss of balance and double vision are present.
.30	Ten to fourteen drinks in an hour. Lack of understanding of what is seen or heard. Confusion, stupor, loss of consciousness.
.40	Ten to fifteen drinks in an hour. Unconsciousness – threshold of coma. Lethal dose for 50 percent of the population
.50	Fourteen to twenty drinks in an hour. Deep coma. Lethal dose for 75 percent of the population

For the chart above, a drink is considered to be one and one quarter ounce of liquor (a shot), four ounces of wine, or one 12-oz. beer. People who have built a high tolerance will not necessarily experience the symptoms noted but will still reach a blood alcohol content that may be dangerous. However, a high tolerance is a sign of other problems related to alcohol use.

*Please note that gender, body size and type, fatigue, recent illness, food content in stomach, altitude, age and use of other drugs and/or medications will alter the effects of alcohol in all of these quantities.

