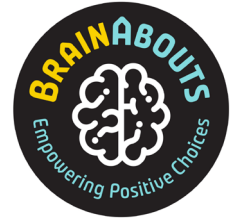


Alcohol

BAC Chart



EFFECTS OF INCREASING BLOOD ALCOHOL LEVELS

It is estimated that, if a 140 lb. person has...

Servings/ Hour	BAC	Mental and Physical Effects
1/1	.01-.03	Lightheaded: minor impairment in judgment; relaxed, altered mood
2/1	.04-.07	Buzzed: minor impairment in reasoning and memory; exaggerated emotions and behavior; lowered alertness, reduced coordination, less inhibition, less cautious; reduced ability to track moving objects
	.08	Illegal to drive
3/1	.06-.10	Euphoric: impairment in balance, speech, reaction time, hearing, judgment and self-control; fatigue; impaired perception, difficulty detecting danger; short-term memory loss
4/1	.09-.13	Drunk: significant impairment in motor coordination, balance, peripheral vision, hearing; deterioration of reaction time; loss of good judgment; slurred speech; slowed thinking; depressed affect
5/1	.12-.16	Very drunk: deep state of depression or anxiety; nausea, disorientation, dizziness, blurred vision; severely impaired judgment; loss of balance; increased risk of aggression and injury
6/1	.14-.19	Extremely drunk: loss of muscle control, major loss of balance; substantial impairment of visual and auditory processing
7/1	.19-.23	Dazed: total mental confusion; emotional dysregulation; difficulty walking; nausea and vomiting; possible blackout; grossly impaired
8/1	.20-.26	Confused: severely impaired judgment and decision-making; blackouts; unable to walk; vomits, urinates or defecates on self
9/1	.23-.29	Stupor: severe impairment in mental, physical, sensory systems; complete loss of mental comprehension; accidents likely; passing out
10/1	.25-.32	Coma: loss of consciousness; significant risk of death caused by respiratory arrest from alcohol poisoning

Depending upon gender, body weight, amount of food in stomach, or medications taken, blood alcohol content may vary greatly even at slower pacing.

3/2	.05-.085	Buzzed to Euphoric
4/2	.075-.115	Euphoric to Drunk
4/3	.06-.10	Euphoric to Drunk
5/3	.9-.13	Drunk to Very Drunk

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