

Alcohol

DRIVING AND IMPAIRMENT



know your limits

Alcohol and driving is a deadly mix.

In the United States, each year thousands lose their lives because an impaired driver made a poor decision—to drink and drive—and hundreds of thousands more are injured.

Alcohol is a depressant.

It goes into the blood and changes different body functions. It is quickly absorbed but stays in the body for a long time. Many people think a cold shower or strong coffee will get rid of these effects of alcohol, but these things do not work. Only time will get rid of alcohol from the body.

**Call the Behavioral Health Services
directly at 1.877.221.9295.**

Recovery can, will, and DOES happen.

Alcohol has a large effect on driving skills.

Some of the things alcohol does that can impair driving:

- Reaction Time
- Vision
- Following
- Focus
- Understanding
- Coordination

Alcohol mixed with other drugs (legal or illegal) could be deadly.

Alcohol can change people in different ways. Your blood alcohol level may be affected by your age, if you are male or female, your health, amount of food you eat and any drugs or medicine in your system. It is important to know how much and how strong the alcohol is that you are putting into your body.

Blood Alcohol Concentration Charts

Men – Know Your Limits

Drinks	Body Weight in Pounds								
	100	120	140	160	180	200	220	240	
0	.00	.00	.00	.00	.00	.00	.00	.00	Only safe driving limit
1	.04	.03	.03	.02	.02	.02	.02	.02	Impairment begins
2	.08	.06	.05	.05	.04	.04	.03	.03	Driving skills significantly affected Possible criminal penalties
3	.11	.09	.08	.07	.06	.06	.05	.05	
4	.15	.12	.11	.09	.08	.08	.07	.06	.05 – .09 Impaired in some states
5	.19	.16	.13	.12	.11	.09	.09	.08	
6	.23	.19	.16	.14	.13	.11	.10	.09	Legally intoxicated Criminal penalties
7	.26	.22	.19	.16	.15	.13	.12	.11	
8	.30	.25	.21	.19	.17	.15	.14	.13	.10 and above Intoxicated in all states
9	.34	.28	.24	.21	.19	.17	.15	.14	
10	.38	.31	.27	.23	.21	.19	.17	.16	Death Possible

Women – Know Your Limits

Drinks	Body Weight in Pounds								
	90	100	120	140	160	180	200	220	
0	.00	.00	.00	.00	.00	.00	.00	.00	Only safe driving limit
1	.05	.05	.04	.03	.03	.03	.02	.02	Impairment begins
2	.10	.09	.08	.07	.06	.05	.05	.04	Driving skills significantly affected Possible criminal penalties
3	.15	.14	.11	.10	.09	.08	.07	.06	
4	.20	.18	.15	.13	.11	.10	.09	.08	.05 – .09 Impaired in some states
5	.25	.23	.19	.16	.14	.13	.11	.10	
6	.30	.27	.23	.19	.17	.15	.14	.12	Legally intoxicated Criminal penalties
7	.35	.32	.27	.23	.20	.18	.16	.14	
8	.40	.36	.30	.26	.23	.20	.18	.17	.10 and above Intoxicated in all states
9	.45	.41	.34	.29	.26	.23	.20	.19	
10	.51	.45	.38	.32	.28	.25	.23	.21	Death Possible

Information on Men & Women KNOW YOUR LIMITS BAC Levels and Progressive Effects of Alcohol chart taken from Virginia Tech Alcohol Abuse Prevention website.

Blood Alcohol Concentration Levels and Progressive Effects of Alcohol

Blood Alcohol Level	Changes in Feelings & Personality	Physical & Mental Impairments
.01–.06	Relaxation Loss of inhibition Lowered alertness Joyous	Thought Judgement Coordination Concentration
.06–.10	Blunted feelings Disinhibition Extroversion	Reflexes impaired Reasoning Depth perception Peripheral vision
.11–.20	Over expression Emotional swings Angry or sad Boisterous	Reaction time Staggering Slurred speech

Blood Alcohol Level	Changes in Feelings & Personality	Physical & Mental Impairments
.21–.29	Stupor Lose understanding Impaired sensations	Severe motor impairment Memory blackout
.30–.39	Severe depression Unconsciousness Death possible	Breathing Heart rate
=> .40	Unconsciousness Death	Breathing Heart rate

Our tables have "one drink" = 1.25 oz. 80 proof liquor or 12 oz. regular beer or 5 oz. table wine. (Subtract .01% for each 40 minutes of drinking.)

Women should refer to the female **KNOW YOUR LIMITS** chart.

