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ALCOHOL IMPAIRMENT CHARTS

WOMEN'S IMPAIRMENT CHART										
APPROXIMATE BLOOD ALCOHOL PERCENTAGE										
DRINKS	BODY WEIGHT IN POUNDS									EFFECT ON PERSON
	90	100	120	140	160	180	200	220	240	
0	.00	.00	.00	.00	.00	.00	.00	.00	.00	ONLY SAFE LIMIT
1	.05	.05	.04	.03	.03	.03	.02	.02	.02	IMPAIRMENT BEGINS
2	.10	.09	.08	.07	.06	.05	.05	.04	.04	DRIVING SKILLS SIGNIFICANTLY AFFECTED POSSIBLE CRIMINAL PENALTIES
3	.15	.14	.11	.10	.09	.08	.07	.06	.06	
4	.20	.18	.15	.13	.11	.10	.09	.08	.08	
5	.25	.23	.19	.16	.14	.13	.11	.10	.09	LEGALLY INTOXICATED
6	.30	.27	.23	.19	.17	.15	.14	.12	.11	
7	.35	.32	.27	.23	.20	.18	.16	.14	.13	CRIMINAL PENALTIES IMPOSED
8	.40	.36	.30	.26	.23	.20	.18	.17	.15	
9	.45	.41	.34	.29	.26	.23	.20	.19	.17	
10	.51	.45	.38	.32	.28	.25	.23	.21	.19	

1 DRINK = 1 ½ OZ. 80-PROOF LIQUOR, 12 OZ. OF BEER, OR 4 OZ. OF WINE

MEN'S IMPAIRMENT CHART										
APPROXIMATE BLOOD ALCOHOL PERCENTAGE										
DRINKS	BODY WEIGHT IN POUNDS								EFFECT ON PERSON	
	100	120	140	160	180	200	220	240		
0	.00	.00	.00	.00	.00	.00	.00	.00	.00	ONLY SAFE LIMIT
1	.04	.03	.03	.02	.02	.02	.02	.02	.02	IMPAIRMENT BEGINS
2	.08	.06	.05	.05	.04	.04	.03	.03		
3	.11	.09	.08	.07	.06	.06	.05	.05		DRIVING SKILLS SIGNIFICANTLY AFFECTED POSSIBLE CRIMINAL PENALTIES
4	.15	.12	.11	.09	.08	.08	.07	.06		
5	.19	.16	.13	.12	.11	.09	.09	.08		
6	.23	.19	.16	.14	.13	.11	.10	.09		LEGALLY INTOXICATED
7	.26	.22	.19	.16	.15	.13	.12	.11		
8	.30	.25	.21	.19	.17	.15	.14	.13		CRIMINAL PENALTIES IMPOSED
9	.34	.28	.24	.21	.19	.17	.15	.14		
10	.38	.31	.27	.23	.21	.19	.17	.16		

INFORMATION FROM AAA MIDWEST TRAVELER, 11-12/06. ARTICLE TITLED "DRIVER'S SEAT: DIRE STATISTICS UNDERSCORE IMPORTANCE OF SOBRIETY FOR DRIVERS"

Reviewed 7/2009



Resource from NCADA's RADAR library. For more information visit our website at www.ncada-stl.org. For questions on substance use, abuse and related problems, call NCADA's Help Line at (314) 962-3456.