



# Alcohol Impairment Chart

## APPROXIMATE BLOOD ALCOHOL PERCENTAGE

Never Drink & Drive

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 Affected
3	.11	.09	.08	.07	.06	.06	.05	.05	Possible Criminal Charges
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
9	.34	.28	.24	.21	.19	.17	.15	.14	
10	.38	.31	.27	.23	.21	.19	.17	.16	

Your body can get rid of one drink per hour.

Each 1 ½ oz. of 80 proof liquor, 12 oz. beer or 5 oz. of table wine = 1 drink.



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Drinks	Body Weight in Pounds								
	90	100	120	140	160	180	200	240	
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 Affected
3	.15	.14	.11	.10	.09	.08	.07	.06	Possible Criminal Charges
4	.20	.18	.15	.13	.11	.10	.09	.08	
5	.25	.23	.19	.16	.14	.13	.11	.09	
6	.30	.27	.23	.19	.17	.15	.14	.11	Legally Intoxicated
7	.35	.32	.27	.23	.20	.18	.16	.13	
8	.40	.36	.30	.26	.23	.20	.18	.15	Criminal Penalties
9	.45	.41	.34	.29	.26	.23	.20	.17	
10	.51	.45	.38	.32	.28	.25	.23	.19	

Your body can get rid of one drink per hour.

Each 1 ½ oz. of 80 proof liquor, 12 oz. beer or 5 oz. of table wine = 1 drink.

The safest policy is not to drive after drinking. If you do drink and then drive, then know and stay safely within your own personal limit. This chart is only a guide, not a guarantee. Driving after excessive drinking is dangerous and punishable by law.

The table on the reverse side indicates the relationship between the number of drinks an average adult consumes and the percentage of alcohol in the bloodstream. If your weight is between two of those shown, play it safe and use the lower weight measures.

The legal limit is not necessarily the same as your own personal safe limit. If you drink infrequently or have not eaten food for a while the effects of alcohol are likely to be enhanced in your body.

*\*This chart was developed by the Council on Alcoholism and the County Safety Council of Racine, Wisconsin and has been used in many educational programs. It fits easily into a purse or wallet so carry it with you at all times!*

~MLCC

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