

BREATH ALCOHOL CONTENT AND ITS EFFECTS

APPROXIMATE BREATH ALCOHOL CONCENTRATION (IN GRAMS*)									Effects on Feelings and Behavior	Effects on Physical Functions
BODY WEIGHT IN POUNDS									Absence of observable effects.	Mild Changes. Most employees
# of drinks	100	120	140	160	180	200	220	240	Mild Alteration of feelings.	seem a bit moody. Usual bad
1	0.04	0.03	0.03	0.03	0.02	0.02	0.02	0.02	Slight Intensification of	habits slightly pronounced.
2	0.08	0.06	0.05	0.05	0.04	0.04	0.03	0.03	existing moods	
3	0.11	0.09	0.08	0.07	0.06	0.06	0.05	0.05	Feelings of relaxation. Mild Sedation.	Employees take too long to
4	0.15	0.12	0.11	0.09	0.08	0.08	0.07	0.06	Exaggeration of emotions and behavior.	decide and act. Motor skills are
5	0.19	0.16	0.13	0.12	0.11	0.09	0.09	0.08	Impairment of motor skills.	impaired. Reaction time is increased.
6	0.23	0.19	0.16	0.14	0.13	0.11	0.1	0.09	Increase in reaction time.	
7	0.26	0.22	0.19	0.16	0.15	0.13	0.12	0.11		
8	0.3	0.25	0.21	0.19	0.17	0.15	0.14	0.13	Difficulty performing gross motor skills.	judgement seriously affected. Physical
9	0.34	0.28	0.24	0.21	0.19	0.17	0.15	0.14	Uncoordinated behavior. Definite	and mental coordination impaired.
10	0.38	0.31	0.27	0.23	0.24	0.19	0.17	0.16	judgment impairment of mental	Physical difficulty in driving a vehicle
11		0.4	0.34	0.3	0.26	0.24	0.22	0.2	abilities, judgment, and memory.	or operating machinery
12			0.38	0.33	0.29	0.26	0.24	0.22		
13			0.4	0.36	0.32	0.29	0.26	0.24	Major impairment of all physical and	Distortion of all perception and
14				0.38	0.34	0.31	0.28	0.26	mental functions. Irresponsible	judgement. Employees' actions are
									behavior. Euphoria. Some difficulty	erratic. Acts as if he /she is in a daze.
									standing, walking, and talking	
									At .40 most people have passed out.	it is hoped that the employee has
									Hospitalization is probable at BAC's of	passed out before trying to get into
									.40 and above. Death may be imminent.	a vehicle or operate any safety-
										sensitive machinery.