

RESPONSIBLE DRINKING INFORMATION

Alcohol's effects are roughly predictable from the amount of alcohol in the bloodstream, assuming that no tolerance has developed. Blood Alcohol Content (BAC) refers to the number of milligrams of alcohol per 100 milligrams of blood, expressed as a percentage. The following table indicates what effects alcohol typically has at several BACs.

Blood Alcohol Content (BAC)	Physical and Mental Effects
.02%	Light and moderate drinkers begin to feel some effect (about one drink). Illegal BAC level for those under 21 yrs old.
.04%	Most people feel effects such as relaxation, sense of well-being, loss of inhibition and lowered alertness.
.06%	Judgment is somewhat impaired; people are less able to make rational decisions about their capabilities, for example driving.
.08%	Definite impairment of muscle coordination, depth perception and reflexes; slurred speech, and increased risk of nausea. Legal Intoxication.
.10%	Clear deterioration of reaction time and control; mood swings. Possibly embarrassing behavior.
.15%	Severe motor impairment; balance and movement impaired. Risk of blackouts, accidents, passing out, and hangovers.
.30%	Many people loss consciousness. Risk of death.
.40-.45%	Unconsciousness, breathing stops, death.

What is a Standard Drink?

- 12 oz. domestic beer
- 10 oz. microbrew beer
- 10 oz. wine cooler
- 8 oz. malt liquor
- 4 oz. wine
- 1.25 oz. 80 proof hard liquor
- 1 oz. 100 proof hard liquor

