

Blood Alcohol Concentration | www.preventionlane.org/responsible-drinking-bac.htm

Blood Alcohol Concentration (BAC) ¹	Typical Effects	Predictable Effects on Driving
.02%	Some loss of judgment Relaxation Slight body warmth Altered mood	Decline in visual functions (rapid tracking of a moving target) Decline in ability to perform two tasks at the same time (divided attention)
.05%	Exaggerated behavior May have loss of small-muscle control (e.g., focusing your eyes) Impaired judgment Usually good feeling Lowered alertness Release of inhibition	Reduced coordination Reduced ability to track moving objects Difficulty steering Reduced response to emergency driving situations
.08%	Muscle coordination becomes poor (e.g., balance, speech, vision, reaction time, and hearing) Harder to detect danger Judgment, self-control,	Concentration Short-term memory loss Speed control Reduced information processing capability (e.g., signal detection, visual search)

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	reasoning, and memory are impaired	Impaired perception
.10%	Clear deterioration of reaction time and control Slurred speech, poor coordination, and slowed thinking	Reduced ability to maintain lane position and brake appropriately
.15%	Far less muscle control than normal Vomiting may occur (unless this level is reached slowly or a person has developed a tolerance for alcohol) Major loss of balance	Substantial impairment in vehicle control, attention to driving task, and in necessary visual and auditory information processing

1 Information in this table shows the BAC level at which the effect usually is first observed, and has been gathered from a variety of sources including the National Highway Traffic Safety Administration, the National Institute on Alcohol Abuse and Alcoholism, the American Medical Association, the National Commission Against Drunk Driving, and www.webMD.com.