

# ALCOHOL IMPAIRMENT CHART

## ESTIMATING TABLE FOR WOMEN

Drinks      body weight pounds  
 100    120    140    160    180    200    220    240

0	0	0	0	0	0	0	0	0
1	.05	.04	.03	.03	.03	.02	.02	.02
2	.09	.08	.06	.06	.05	.05	.04	.04
3	.14	.11	.10	.09	.08	.07	.06	.06
4	.18	.15	.13	.11	.10	.09	.08	.08
5	.23	.19	.16	.14	.13	.11	.10	.09
6	.27	.23	.19	.17	.15	.14	.12	.11
7	.32	.27	.23	.20	.18	.16	.14	.13
8	.36	.30	.26	.23	.20	.18	.17	.15

Only Safe Limit.

.01-.03 Impairment begins.

.04-.07 Driving skills deteriorating; you can be arrested for DWI.

.08 Illegal to drive. Subject to lose license, criminal penalties, fines and/or jail.

One drink equals: 1 1/4 oz. of 80 proof liquor, 12 oz. of beer, or .5 oz. of wine. This chart is a general guideline and not meant as a guarantee of actual BAC. Every individual reacts differently to alcohol based on body type, sex, health status, and other factors.

# ALCOHOL IMPAIRMENT CHART

## ESTIMATING TABLE FOR MEN

Drinks

body weight pounds

100 120 140 160 180 200 220 240 260

0	0	0	0	0	0	0	0	0	0
1	.04	.03	.03	.02	.02	.02	.02	.02	.01
2	.07	.06	.05	.05	.04	.04	.03	.03	.03
3	.11	.09	.08	.07	.06	.06	.05	.05	.04
4	.15	.12	.11	.09	.08	.07	.07	.06	.06
5	.19	.16	.13	.12	.10	.09	.08	.08	.07
6	.22	.19	.16	.14	.12	.11	.10	.09	.09
7	.26	.22	.19	.16	.15	.13	.12	.11	.10
8	.30	.25	.21	.19	.17	.15	.14	.12	.12

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