

**EFFECTS OF INCREASED B.A.C. LEVELS  
ON A TYPICAL PERSON**

<b>Blood Alcohol Concentration (BAC)</b>	<b>Effects</b>
.02%	Reached after approximately one drink; light or moderate drinkers feel some effect; e.g. warmth and relaxation
.04%	Most people feel relaxed, talkative, and happy. Skin may flush.
.05%	First sizeable changes begin to occur. Lightheadedness, giddiness, lowered inhibitions, and less control of thought may be experienced. Both restraint and judgment are lowered; coordination may be slightly altered.
.06%	Judgment somewhat impaired; normal ability to make a rational decision about personal capabilities is affected; e.g., concerning driving ability.
.08%	Definite impairment of muscle coordination and a slower reaction time; driving ability suspect. Sensory feelings of numbness of the cheeks and lips. Hands, arms, and legs may tingle and then feel numb. (Since 1/1/90, it has been illegal in California to drive with a BAC of .08% or more.)
.10%	Clumsy; speech may become fuzzy. Clear deterioration of reaction time and muscle control.
.15%	Definite impairment of balance and movement. The equivalent of a half-pint of whiskey is now in the bloodstream!
.20%	Motor and emotional control centers measurably affected; slurred speech, staggering; loss of balance, and double vision can all be present.
.30%	Lack of understanding of what is seen or heard; individual is confused or stuporous. Consciousness may be lost at this level; i.e. individual "passes out."
.40%	Usually unconscious; skin clammy.
.45%	Respiration slows and can stop altogether.
.50%	Death can result.

Source: Paley, W., et. al. *Alcoholism, A Treatment Manual*, 1979