

# Approximate Blood Alcohol Levels as a Function of Number of Drinks and Time Determined by Weight for Women

One drink equals:



- 12 ounces of beer
- 10 ounces of microbrew beer or wine cooler
- 8 ounces of malt liquor, ice beer, or Canadian beer
- 4 ounces of wine
- 1½ ounces of 80 proof hard alcohol



**100 lb. Woman**

Number of Drinks	Number of Hours					
	1	2	3	4	5	6
1	.029	.013	0	0	0	0
2	.074	.058	.042	.026	.010	0
3	.119	.103	.087	.071	.055	.039
4	.164	.148	.132	.116	.100	.084
5	.209	.193	.177	.161	.145	.129
6	.254	.238	.222	.206	.190	.174
7	.299	.283	.267	.251	.235	.219
8	.344	.328	.312	.296	.280	.264
9	.389	.373	.357	.341	.325	.309
10	.434	.418	.402	.386	.370	.354
11	.479	.463	.447	.431	.415	.399
12	.524	.508	.492	.476	.460	.444

**140 lb. Woman**

Number of Drinks	Number of Hours					
	1	2	3	4	5	6
1	.016	0	0	0	0	0
2	.048	.032	.016	0	0	0
3	.080	.064	.048	.032	.016	0
4	.113	.097	.081	.065	.049	.033
5	.145	.129	.113	.097	.081	.065
6	.177	.161	.145	.129	.113	.097
7	.209	.193	.177	.161	.145	.129
8	.241	.225	.209	.193	.177	.161
9	.273	.257	.241	.225	.209	.193
10	.305	.289	.273	.257	.241	.225
11	.338	.322	.306	.290	.274	.258
12	.370	.354	.338	.322	.306	.290

**180 lb. Woman**

Number of Drinks	Number of Hours					
	1	2	3	4	5	6
1	.009	0	0	0	0	0
2	.034	.018	.002	0	0	0
3	.059	.043	.027	.011	0	0
4	.084	.068	.052	.036	.020	.004
5	.109	.093	.077	.061	.045	.029
6	.134	.118	.102	.086	.070	.054
7	.159	.143	.127	.111	.095	.079
8	.184	.168	.152	.136	.120	.104
9	.209	.193	.177	.161	.145	.129
10	.234	.218	.202	.186	.170	.154
11	.259	.243	.227	.211	.195	.179
12	.284	.268	.252	.236	.220	.204

**120 lb. Woman**

Number of Drinks	Number of Hours					
	1	2	3	4	5	6
1	.022	.006	0	0	0	0
2	.059	.043	.027	.011	0	0
3	.097	.081	.065	.049	.033	.017
4	.134	.118	.102	.086	.070	.054
5	.172	.156	.140	.124	.108	.092
6	.209	.193	.177	.161	.145	.129
7	.247	.231	.215	.199	.183	.167
8	.284	.268	.252	.236	.220	.204
9	.322	.306	.290	.274	.258	.242
10	.359	.343	.327	.311	.295	.279
11	.397	.381	.365	.349	.333	.317
12	.434	.418	.402	.386	.370	.354

**160 lb. Woman**

Number of Drinks	Number of Hours					
	1	2	3	4	5	6
1	.012	0	0	0	0	0
2	.040	.024	.008	0	0	0
3	.068	.052	.036	.020	.004	0
4	.097	.081	.065	.049	.033	.017
5	.125	.109	.093	.077	.061	.045
6	.153	.137	.121	.105	.089	.073
7	.181	.165	.149	.133	.117	.101
8	.209	.193	.177	.161	.145	.129
9	.237	.221	.205	.189	.173	.157
10	.265	.249	.233	.217	.201	.185
11	.293	.277	.261	.245	.229	.213
12	.322	.306	.290	.274	.258	.242

**200 lb. Woman**

Number of Drinks	Number of Hours					
	1	2	3	4	5	6
1	.007	0	0	0	0	0
2	.029	.013	0	0	0	0
3	.052	.036	.020	.004	0	0
4	.074	.058	.042	.026	.010	0
5	.097	.081	.065	.049	.033	.017
6	.119	.103	.087	.071	.055	.039
7	.142	.126	.110	.094	.078	.062
8	.164	.148	.132	.116	.100	.084
9	.187	.171	.155	.139	.123	.107
10	.209	.193	.177	.161	.145	.129
11	.232	.216	.200	.184	.168	.152
12	.254	.238	.222	.206	.190	.174

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# Approximate Blood Alcohol Levels as a Function of Number of Drinks and Time Determined by Weight for Women

(continued from previous page)

## 220 lb. Woman

Number of Drinks	Number of Hours					
	1	2	3	4	5	6
1	.004	0	0	0	0	0
2	.025	.009	0	0	0	0
3	.045	.029	.013	0	0	0
4	.066	.050	.034	.018	.002	0
5	.086	.070	.054	.038	.022	.006
6	.107	.091	.075	.059	.043	.027
7	.127	.111	.095	.079	.063	.047
8	.148	.132	.116	.100	.084	.068
9	.168	.152	.136	.120	.104	.088
10	.189	.173	.157	.141	.125	.109
11	.209	.193	.177	.161	.145	.129
12	.229	.213	.197	.181	.165	.149

## 240 lb. Woman

Number of Drinks	Number of Hours					
	1	2	3	4	5	6
1	.003	0	0	0	0	0
2	.022	.006	0	0	0	0
3	.040	.024	.008	0	0	0
4	.059	.043	.027	.011	0	0
5	.078	.062	.046	.030	.014	0
6	.097	.081	.065	.049	.033	.017
7	.115	.099	.083	.067	.051	.035
8	.134	.118	.102	.086	.070	.054
9	.153	.137	.121	.105	.089	.073
10	.172	.156	.140	.124	.108	.092
11	.190	.174	.158	.142	.126	.110
12	.209	.193	.177	.161	.145	.129

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- 8 ounces of malt liquor, ice beer, or Canadian beer
- 4 ounces of wine
- 1½ ounces of 80 proof hard alcohol



## Blood Alcohol Content (BAC)/ Blood Alcohol Levels (BALs) and Effects

Alcohol gets absorbed into the blood, resulting in a rising blood alcohol level, or BAL. As a depressant to the central nervous system, it slows down things like reaction time, coordination, and, at higher doses, even breathing and heart rate.

The effects typically seen at different levels are as follows (note that reaction time worsens as BAC/BAL gets higher):

- .02%** Feelings of relaxation begin
- .04%** Feel more relaxed, buzzed
- .06%** Judgment starts going down, decision making is affected
- .08%** Impairment of motor coordination  
Risk of nausea from here on out
- .10%** Clear deterioration in judgment, coordination, and reaction time
- .15%-.25%** Risk of blackouts from here on out
- .25%-.35%** Risk of passing out  
Risk of losing consciousness  
Risk of death (from .30% and higher)
- .40%-.45%** Generally considered a lethal dose

\*\* Note: These effects occur for people who have not developed a high tolerance for alcohol. For people with tolerance, these effects may not occur until higher levels of intoxication even though the person's BAC is still the same. Essentially, tolerance means needing more alcohol to get the same effect a person used to get at lower levels. Tolerance reduces the pleasurable effects of alcohol and makes drinking more expensive. \*\*

Remember that if you are under 21, it is illegal to drink, and, for those over 21, a BAL over .08% is considered legally drunk. Because of reaction time impairment, drinking and driving is never a good idea. You can still get a DUI even if you're under .08%.

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(continued from previous page)

## 220 lb. Woman

Number of Drinks	Number of Hours					
	1	2	3	4	5	6
1	.004	0	0	0	0	0
2	.025	.009	0	0	0	0
3	.045	.029	.013	0	0	0
4	.066	.050	.034	.018	.002	0
5	.086	.070	.054	.038	.022	.006
6	.107	.091	.075	.059	.043	.027
7	.127	.111	.095	.079	.063	.047
8	.148	.132	.116	.100	.084	.068
9	.168	.152	.136	.120	.104	.088
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11	.209	.193	.177	.161	.145	.129
12	.229	.213	.197	.181	.165	.149

## 240 lb. Woman

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	1	2	3	4	5	6
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2	.022	.006	0	0	0	0
3	.040	.024	.008	0	0	0
4	.059	.043	.027	.011	0	0
5	.078	.062	.046	.030	.014	0
6	.097	.081	.065	.049	.033	.017
7	.115	.099	.083	.067	.051	.035
8	.134	.118	.102	.086	.070	.054
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11	.190	.174	.158	.142	.126	.110
12	.209	.193	.177	.161	.145	.129

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- .04%** Feel more relaxed, buzzed
- .06%** Judgment starts going down, decision making is affected
- .08%** Impairment of motor coordination  
Risk of nausea from here on out
- .10%** Clear deterioration in judgment, coordination, and reaction time
- .15%-.25%** Risk of blackouts from here on out
- .25%-.35%** Risk of passing out  
Risk of losing consciousness  
Risk of death (from .30% and higher)
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Remember that if you are under 21, it is illegal to drink, and, for those over 21, a BAL over .08% is considered legally drunk. Because of reaction time impairment, drinking and driving is never a good idea. You can still get a DUI even if you're under .08%.

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# Approximate Blood Alcohol Levels as a Function of Number of Drinks and Time Determined by Weight for Men

One drink equals:



- 12 ounces of beer
- 10 ounces of microbrew beer or wine cooler
- 8 ounces of malt liquor, ice beer, or Canadian beer
- 4 ounces of wine
- 1½ ounces of 80 proof hard alcohol



**120 lb. Man**

Number of Drinks	Number of Hours					
	1	2	3	4	5	6
1	.015	0	0	0	0	0
2	.047	.031	.015	0	0	0
3	.078	.062	.046	.030	.014	0
4	.109	.093	.077	.061	.045	.029
5	.140	.124	.108	.092	.076	.060
6	.172	.156	.140	.124	.108	.092
7	.203	.187	.171	.155	.139	.123
8	.234	.218	.202	.186	.170	.154
9	.265	.249	.233	.217	.201	.185
10	.297	.281	.265	.249	.233	.217
11	.328	.312	.296	.280	.264	.248
12	.359	.343	.327	.311	.295	.279

**160 lb. Man**

Number of Drinks	Number of Hours					
	1	2	3	4	5	6
1	.007	0	0	0	0	0
2	.031	.015	0	0	0	0
3	.054	.038	.022	.006	0	0
4	.078	.062	.046	.030	.014	0
5	.101	.085	.069	.053	.037	.021
6	.125	.109	.093	.077	.061	.045
7	.148	.132	.116	.100	.084	.068
8	.172	.156	.140	.124	.108	.092
9	.195	.179	.163	.147	.131	.115
10	.218	.202	.186	.170	.154	.138
11	.242	.226	.210	.194	.178	.162
12	.265	.249	.233	.217	.201	.185

**200 lb. Man**

Number of Drinks	Number of Hours					
	1	2	3	4	5	6
1	.003	0	0	0	0	0
2	.022	.006	0	0	0	0
3	.040	.024	.008	0	0	0
4	.059	.043	.027	.011	0	0
5	.078	.062	.046	.030	.014	0
6	.097	.081	.065	.049	.033	.017
7	.115	.099	.083	.067	.051	.035
8	.134	.118	.102	.086	.070	.054
9	.153	.137	.121	.105	.089	.073
10	.172	.156	.140	.124	.108	.092
11	.190	.174	.158	.142	.126	.110
12	.209	.193	.177	.161	.145	.129

**140 lb. Man**

Number of Drinks	Number of Hours					
	1	2	3	4	5	6
1	.011	0	0	0	0	0
2	.038	.022	.006	0	0	0
3	.064	.048	.032	.016	0	0
4	.091	.075	.059	.043	.027	.011
5	.118	.102	.086	.070	.054	.038
6	.145	.129	.113	.097	.081	.065
7	.172	.156	.140	.124	.108	.092
8	.198	.182	.166	.150	.134	.118
9	.225	.209	.193	.177	.161	.145
10	.252	.236	.220	.204	.188	.172
11	.279	.263	.247	.231	.215	.199
12	.305	.289	.273	.257	.241	.225

**180 lb. Man**

Number of Drinks	Number of Hours					
	1	2	3	4	5	6
1	.005	0	0	0	0	0
2	.026	.010	0	0	0	0
3	.047	.031	.015	0	0	0
4	.067	.051	.035	.019	.003	0
5	.088	.072	.056	.040	.024	.008
6	.109	.093	.077	.061	.045	.029
7	.130	.114	.098	.082	.066	.050
8	.151	.135	.119	.103	.087	.071
9	.172	.156	.140	.124	.108	.092
10	.192	.176	.160	.144	.128	.112
11	.213	.197	.181	.165	.149	.133
12	.234	.218	.202	.186	.170	.154

**220 lb. Man**

Number of Drinks	Number of Hours					
	1	2	3	4	5	6
1	.001	0	0	0	0	0
2	.018	.002	0	0	0	0
3	.035	.019	.003	0	0	0
4	.052	.036	.020	.004	0	0
5	.069	.053	.037	.021	.005	0
6	.086	.070	.054	.038	.022	.006
7	.103	.087	.071	.055	.039	.023
8	.120	.104	.088	.072	.056	.040
9	.137	.121	.105	.089	.073	.057
10	.154	.138	.122	.106	.090	.074
11	.172	.156	.140	.124	.108	.092
12	.189	.173	.157	.141	.125	.109

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(continued from previous page)

## 240 lb. Man

Number of Drinks	Number of Hours					
	1	2	3	4	5	6
1	0	0	0	0	0	0
2	.015	0	0	0	0	0
3	.031	.015	0	0	0	0
4	.047	.031	.015	0	0	0
5	.062	.046	.030	.014	0	0
6	.078	.062	.046	.030	.014	0
7	.093	.077	.061	.045	.029	.013
8	.109	.093	.077	.061	.045	.029
9	.125	.109	.093	.077	.061	.045
10	.140	.124	.108	.092	.076	.060
11	.156	.140	.124	.108	.092	.076
12	.172	.156	.140	.124	.108	.092

## 260 lb. Man

Number of Drinks	Number of Hours					
	1	2	3	4	5	6
1	0	0	0	0	0	0
2	.013	0	0	0	0	0
3	.027	.011	0	0	0	0
4	.042	.026	.010	0	0	0
5	.056	.040	.024	.008	0	0
6	.071	.055	.039	.023	.007	0
7	.085	.069	.053	.037	.021	.005
8	.099	.083	.067	.051	.035	.019
9	.114	.098	.082	.066	.050	.034
10	.128	.112	.096	.080	.064	.048
11	.143	.127	.111	.095	.079	.063
12	.157	.141	.125	.109	.093	.077

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- .04%** Feel more relaxed, buzzed
- .06%** Judgment starts going down, decision making is affected
- .08%** Impairment of motor coordination  
Risk of nausea from here on out
- .10%** Clear deterioration in judgment, coordination, and reaction time
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Number of Drinks	Number of Hours					
	1	2	3	4	5	6
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2	.015	0	0	0	0	0
3	.031	.015	0	0	0	0
4	.047	.031	.015	0	0	0
5	.062	.046	.030	.014	0	0
6	.078	.062	.046	.030	.014	0
7	.093	.077	.061	.045	.029	.013
8	.109	.093	.077	.061	.045	.029
9	.125	.109	.093	.077	.061	.045
10	.140	.124	.108	.092	.076	.060
11	.156	.140	.124	.108	.092	.076
12	.172	.156	.140	.124	.108	.092

## 260 lb. Man

Number of Drinks	Number of Hours					
	1	2	3	4	5	6
1	0	0	0	0	0	0
2	.013	0	0	0	0	0
3	.027	.011	0	0	0	0
4	.042	.026	.010	0	0	0
5	.056	.040	.024	.008	0	0
6	.071	.055	.039	.023	.007	0
7	.085	.069	.053	.037	.021	.005
8	.099	.083	.067	.051	.035	.019
9	.114	.098	.082	.066	.050	.034
10	.128	.112	.096	.080	.064	.048
11	.143	.127	.111	.095	.079	.063
12	.157	.141	.125	.109	.093	.077

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- 10 ounces of microbrew beer or wine cooler
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- .04%** Feel more relaxed, buzzed
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