

Blood Alcohol Level Chart

Blood Alcohol Percentage for Female

Drinks	Body Weight in Pounds								
	90	100	120	140	160	180	200	220	240
0	.00	.00	.00	.00	.00	.00	.00	.00	.00
1	.05	.05	.04	.03	.03	.03	.02	.02	.02
2	.10	.09	.08	.07	.06	.05	.05	.04	.04
3	.15	.14	.11	.10	.09	.08	.07	.06	.06
4	.20	.18	.15	.13	.11	.10	.09	.08	.08
5	.25	.23	.19	.16	.14	.13	.11	.10	.09
6	.30	.27	.23	.19	.17	.15	.14	.12	.11
7	.35	.32	.27	.23	.20	.18	.16	.14	.13
8	.40	.36	.30	.26	.23	.20	.18	.17	.15
9	.45	.41	.34	.29	.26	.23	.20	.19	.17
10	.51	.45	.38	.32	.28	.25	.23	.21	.19

Blood Alcohol Percentage for Male

Drinks	Body Weight in Pounds							
	100	120	140	160	180	200	220	240
0	.00	.00	.00	.00	.00	.00	.00	.00
1	.04	.03	.03	.02	.02	.02	.02	.02
2	.08	.06	.05	.05	.04	.04	.03	.03
3	.11	.09	.08	.07	.06	.06	.05	.05
4	.15	.12	.11	.09	.08	.08	.07	.06
5	.19	.16	.13	.12	.11	.09	.09	.08
6	.23	.19	.16	.14	.13	.11	.10	.09

7	.26	.22	.19	.16	.15	.13	.12	.11
8	.30	.25	.21	.19	.17	.15	.14	.13
9	.34	.28	.24	.21	.19	.17	.15	.14
10	.38	.31	.27	.23	.21	.19	.17	.16

## = Only safe driving limit	## = Impairment begins	## = Driving skills significantly affected/Possible Criminal Penalties
## = Legally intoxicated/Criminal Penalties	## = Possible Death	

One "Standard Drink" is...

12 fl oz of regular beer	8-10 fl oz of malt liquor or flavoured malt beverages such as hard seltzer	5 fl oz of table wine	3-4 fl oz of fortified wine (such as sherry or port)
2-3 fl oz of cordial, liqueur, or aperitif	1.5 fl oz of brandy or cognac (a single jigger)	1.5 fl oz shot of distilled spirits (gin, rum, tequila, vodka, whiskey, etc.)	

BAC Ranges and Designations

Blood Alcohol Content (BAC)	Effects
0.0%	No alcohol in the blood.
0.02%	Feeling relaxed, altered mood, mild loss of judgment.
0.05%	Uninhibited, impaired judgment, lowered alertness.
0.08%	Impaired judgment and reasoning, reduced muscle coordination, challenging to detect danger.
0.10%	Slower thinking, slower reaction time, slurred speech.
0.15% to 0.30%	Loss of balance, loss of muscle control, confusion, nausea, vomiting, altered mood, drowsiness.
0.30% to 0.40%	Life-threatening: alcohol poisoning, loss of consciousness.
Higher than 0.40%	Lethal: risk of respiratory arrest, coma, potential death.