

# Drinking can be fun until it's not.

## BINGE DRINKING DEFINED:

- 4 or more drinks in two hours for females
- 5 or more drinks in two hours for males



Habif Health and  
Wellness Center

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### ALCOHOL IMPAIRMENT CHART MALES

APPROXIMATE BLOOD ALCOHOL PERCENTAGE									
Drinks *	BODY WEIGHT IN POUNDS								EFFECT ON PERSON
	100	120	140	160	180	200	220	240	
0	.00	.00	.00	.00	.00	.00	.00	.00	ONLY SAFE DRIVING LIMIT
1	.04	.03	.03	.02	.02	.02	.02	.02	IMPAIRMENT BEGINS
2	.08	.06	.05	.05	.04	.04	.03	.03	
3	.11	.09	.08	.07	.06	.06	.05	.05	DRIVING SKILLS SIGNIFICANTLY AFFECTED
4	.15	.12	.11	.09	.08	.08	.07	.06	
5	.19	.16	.13	.12	.11	.09	.09	.08	LEGALLY INTOXICATED
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	CRIMINAL PENALTIES IN ALL STATES **
9	.34	.28	.24	.21	.19	.17	.15	.14	
10	.38	.31	.27	.23	.21	.19	.17	.16	

Subtract .01% for each 40 minutes of drinking.

### ALCOHOL IMPAIRMENT CHART FEMALES

APPROXIMATE BLOOD ALCOHOL PERCENTAGE									
Drinks *	BODY WEIGHT IN POUNDS								EFFECT ON PERSON
	90	100	120	140	160	180	200	220	
0	.00	.00	.00	.00	.00	.00	.00	.00	ONLY SAFE DRIVING LIMIT
1	.05	.05	.04	.03	.03	.03	.02	.02	IMPAIRMENT BEGINS
2	.10	.09	.08	.07	.06	.05	.05	.04	
3	.15	.14	.11	.11	.09	.08	.07	.06	DRIVING SKILLS SIGNIFICANTLY AFFECTED
4	.20	.18	.15	.13	.11	.10	.09	.08	
5	.25	.23	.19	.16	.14	.13	.11	.10	LEGALLY INTOXICATED
6	.30	.27	.23	.19	.17	.15	.14	.12	
7	.35	.32	.27	.23	.20	.18	.16	.14	
8	.40	.36	.30	.26	.23	.20	.18	.17	CRIMINAL PENALTIES IN ALL STATES **
9	.45	.41	.34	.29	.26	.23	.20	.19	
10	.50	.45	.38	.32	.28	.25	.23	.21	

Subtract .01% for each 40 minutes of drinking.