### Blood Alcohol Concentration | www.preventionlane.org/responsible-drinking-bac.htm

<table>
<thead>
<tr>
<th>Blood Alcohol Concentration (BAC)¹</th>
<th>Typical Effects</th>
<th>Predictable Effects on Driving</th>
</tr>
</thead>
</table>
| **.02%**                          | Some loss of judgment  
Relaxation  
Slight body warmth  
Altered mood | Decline in visual functions (rapid tracking of a moving target)  
Decline in ability to perform two tasks at the same time (divided attention) |
| **.05%**                          | Exaggerated behavior  
May have loss of small-muscle control (e.g., focusing your eyes)  
Impaired judgment  
Usually good feeling  
Lowered alertness  
Release of inhibition | Reduced coordination  
Reduced ability to track moving objects  
Difficulty steering  
Reduced response to emergency driving situations |
| **.08%**                          | Muscle coordination becomes poor (e.g., balance, speech, vision, reaction time, and hearing)  
Harder to detect danger  
Judgment, self-control, | Concentration  
Short-term memory loss  
Speed control  
Reduced information processing capability (e.g., signal detection, visual search) |
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<th>Reasoning, and memory are impaired</th>
<th>Impaired perception</th>
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<tbody>
<tr>
<td>.10%</td>
<td>Clear deterioration of reaction time and control. Slurred speech, poor coordination, and slowed thinking</td>
<td>Reduced ability to maintain lane position and brake appropriately</td>
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<td>.15%</td>
<td>Far less muscle control than normal. Vomiting may occur (unless this level is reached slowly or a person has developed a tolerance for alcohol). Major loss of balance</td>
<td>Substantial impairment in vehicle control, attention to driving task, and in necessary visual and auditory information processing</td>
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1 Information in this table shows the BAC level at which the effect usually is first observed, and has been gathered from a variety of sources including the National Highway Traffic Safety Administration, the National Institute on Alcohol Abuse and Alcoholism, the American Medical Association, the National Commission Against Drunk Driving, and www.webMD.com.