



# Effects of Increased BAC Levels on a Typical Person

Blood Alcohol Concentration	Effects
.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 thoughts 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 diving 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. Effective 1-1-90, it is illegal in California to drive with this or greater BAC.
.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 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