

KNOW YOUR LIMIT

Impairment begins with the first drink

Men's Blood Alcohol Estimation Chart

Drinks	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	Driving Skill Impaired Possible Criminal Penalties
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	Legally Intoxicated Criminal Penalties
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	Criminal Penalties
9	.34	.28	.24	.21	.19	.17	.15	.14	
10	.38	.31	.27	.23	.21	.19	.17	.16	Possible Death

1 drink equals roughly 1 - 80 proof shot of liquor, 1 - 12 oz. regular beer or 1 - 5 oz. glass of wine

Never Drink and Drive

Women's Blood Alcohol Estimation Chart

Drinks	100	120	140	160	180	200	220	240	
0	.00	.00	.00	.00	.00	.00	.00	.00	Only Safe Driving Limit
1	.05	.04	.03	.03	.03	.02	.02	.02	Driving Skill Impaired Possible Criminal Penalties
2	.09	.08	.07	.06	.05	.05	.04	.04	
3	.14	.11	.10	.09	.08	.07	.06	.06	
4	.18	.15	.13	.11	.10	.09	.08	.08	Legally Intoxicated Criminal Penalties
5	.23	.19	.16	.14	.13	.11	.10	.09	
6	.27	.23	.19	.17	.15	.14	.12	.11	
7	.32	.27	.23	.20	.18	.16	.14	.13	
8	.36	.30	.26	.23	.20	.18	.17	.15	Criminal Penalties
9	.41	.34	.29	.26	.23	.20	.19	.17	
10	.45	.38	.32	.28	.25	.23	.21	.19	Possible Death

1 drink equals roughly 1 - 80 proof shot of liquor, 1 - 12 oz. regular beer or 1 - 5 oz. glass of wine

The measurement of impairment is directly related to several factors including weight, gender, and body metabolism. These charts are based on weight and gender only.

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