

BLOOD ALCOHOL CONCENTRATION (BAC) ¹	TYPICAL EFFECTS	PREDICTABLE EFFECTS ON DRIVING
.02%	<ul style="list-style-type: none"> ▶ Some loss of judgment ▶ Relaxation ▶ Slight body warmth ▶ Altered mood 	<ul style="list-style-type: none"> ▶ Decline in visual functions (rapid tracking of a moving target) ▶ Decline in ability to perform two tasks at the same time (divided attention)
.05%	<ul style="list-style-type: none"> ▶ Exaggerated behavior ▶ May have loss of small-muscle control (e.g., focusing your eyes) ▶ Impaired judgment ▶ Usually good feeling ▶ Lowered alertness ▶ Release of inhibition 	<ul style="list-style-type: none"> ▶ Reduced coordination ▶ Reduced ability to track moving objects ▶ Difficulty steering ▶ Reduced response to emergency driving situations
.08%	<ul style="list-style-type: none"> ▶ Muscle coordination becomes poor (e.g., balance, speech, vision, reaction time, and hearing) ▶ Harder to detect danger ▶ Judgment, self-control, reasoning, and memory are impaired 	<ul style="list-style-type: none"> ▶ Concentration ▶ Short-term memory loss ▶ Speed control ▶ Reduced information processing capability (e.g., signal detection, visual search) ▶ Impaired perception
.10%	<ul style="list-style-type: none"> ▶ Clear deterioration of reaction time and control ▶ Slurred speech, poor coordination, and slowed thinking 	<ul style="list-style-type: none"> ▶ Reduced ability to maintain lane position and brake appropriately
.15%	<ul style="list-style-type: none"> ▶ 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 	<ul style="list-style-type: none"> ▶ Substantial impairment in vehicle control, attention to driving task, and in necessary visual and auditory information processing

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 <http://www.webMD.com>.