

**ESTIMATED % OF ALCOHOL IN THE BLOOD
BY NO. OF DRINKS IN RELATION TO BODY WEIGHT**

DRINKS	1	2	3	4	5	6	7	8	9	10	11	12
BODY WEIGHT 100 lb.	.038	.075	.113	.150	.188	.225	.263	.300	.338	.375	.413	.450
120 lb.	.031	.063	.094	.125	.156	.188	.219	.250	.281	.313	.344	.375
140 lb.	.027	.054	.080	.107	.134	.161	.188	.214	.241	.268	.295	.321
160 lb.	.023	.047	.070	.094	.117	.141	.164	.188	.211	.234	.258	.281
180 lb.	.021	.042	.063	.083	.104	.125	.146	.167	.188	.208	.229	.250
200 lb.	.019	.038	.056	.075	.094	.113	.131	.150	.169	.188	.206	.225
220 lb.	.017	.034	.051	.068	.085	.102	.119	.136	.153	.170	.188	.205
240 lb.	.016	.031	.047	.063	.078	.094	.109	.125	.141	.156	.172	.188

HAS ALCOHOL AFFECTED YOUR DRIVING ABILITY?

The % of alcohol in your blood will tell you. This % can be estimated by COUNTING YOUR DRINKS (1 drink equalling 1 volume oz. of 100 proof alcohol or 1-12 oz. bottle of beer).

Use ALCO-CHART above. Under number of DRINKS and opposite BODY WEIGHT find the % of Blood-Alcohol listed.

SUBTRACT from this number the % of alcohol "burned up" during the time elapsed since your first drink.

No. Hours Since 1st Drink	<u>1</u>	<u>2</u>	<u>3</u>	<u>4</u>	<u>5</u>	<u>6</u>
SUBTRACT015%	.030%	.045%	.060%	.075%	.090%

EXAMPLE: 180 lb. man - 8 drinks in 4 hours
.167% minus .060% = .107%

THIS REMAINDER IS AN ESTIMATE of the % of alcohol in your blood.

INTERPRETATION OF RESULTS:

% OF BLOOD ALCOHOL

- .000 to .079 You are presumed sober.
- .080 to .099 You are presumed visibly impaired.
- .100 to .400 You are presumed intoxicated. DO NOT DRIVE!