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| **Blood Alcohol Concentration (BAC)1** | **Typical Effects** | **Predictable Effects on Driving** |
| **.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, reasoning, and memory are impaired
 | * Concentration
* Short-term memory loss
* Speed control
* Reduced information processing capability (e.g., signal detection, visual search)
* Impaired perception
 |
| **.10%** | * Clear deterioration of reaction time and control
* Slurred speech, poor coordination, and slowed thinking
 | * Reduced ability to maintain lane position and brake appropriately
 |
| **.15%** | * 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
 | * Substantial impairment in vehicle control, attention to driving task, and in necessary visual and auditory information processing
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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](http://www.webMD.com). |

**BAC Levels and Levels of Impairment**