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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 |
| 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**