

# Alcohol Impairment Chart

*Connecticut Clearinghouse, A Library and Resource Center on Alcohol, Tobacco, Other Drugs, Mental Health and Wellness  
A Program of Wheeler Clinic and Funded by The Department of Mental Health & Addiction Services*

Alcohol affects individuals differently. Your blood alcohol level may be affected by your age, gender, physical condition, amount of food consumed, and any drugs or medication. In addition, different drinks may contain different amounts of alcohol, so it is important to know how much and the concentration of alcohol you consume.

For the purposes of this guide:

**“One drink” is equal to 1.5 oz. of 80 proof liquor, 12 oz. of regular beer, or 5 oz. of table wine.**

A woman drinking an equal amount of alcohol in the same period of time as a man of an equivalent weight may have a higher blood alcohol level than that man. **Women should refer to the Alcohol Impairment Chart for Women.**

**Connecticut has set .08% Blood Alcohol Concentration (BAC) as the legal limit for Driving Under the Influence.**

For commercial drivers, a BAC of .04% can result in a DUI conviction nationwide.

## Alcohol Impairment Chart for Men

<b>MEN</b>									
<b>Approximate Blood Alcohol Percentage</b>									
Drinks	Body Weight in Pounds								
	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	Impairment Begins
2	.08	.06	.05	.05	.04	.04	.03	.03	Driving Skills Significantly Affected
3	.11	.09	.08	.07	.06	.06	.05	.05	
4	.15	.12	.11	.09	.08	.08	.07	.06	
5	.19	.16	.13	.12	.11	.09	.09	.08	Possible Criminal Penalties
6	.23	.19	.16	.14	.13	.11	.10	.09	
7	.26	.22	.19	.16	.15	.13	.12	.11	Legally Intoxicated
8	.30	.25	.21	.19	.17	.15	.14	.13	
9	.34	.28	.24	.21	.19	.17	.15	.14	
10	.38	.31	.27	.23	.21	.19	.17	.16	Criminal Penalties

One drink is 1.5 oz. of 80 proof liquor, 12 oz. of beer, or 5 oz. of table wine

**This chart is intended as a guide, not a guarantee.**

(over)

## Alcohol Impairment Chart for Women

<b>WOMEN</b>										
Approximate Blood Alcohol Percentage										
Drinks	Body Weight in Pounds									
	90	100	120	140	160	180	200	220	240	
<b>0</b>	<b>.00</b>	<b>.00</b>	<b>.00</b>	<b>.00</b>	<b>.00</b>	<b>.00</b>	<b>.00</b>	<b>.00</b>	<b>.00</b>	<b>Only Safe Driving Limit</b>
1	<b>.05</b>	<b>.05</b>	<b>.04</b>	.03	.03	.03	.02	.02	.02	Impairment Begins
2	.10	.09	.08	<b>.07</b>	<b>.06</b>	<b>.05</b>	<b>.05</b>	<b>.04</b>	<b>.04</b>	<b>Driving Skills Significantly Affected</b>  <b>Possible Criminal Penalties</b>
3	.15	.14	.11	.10	.09	.08	<b>.07</b>	<b>.06</b>	<b>.06</b>	
4	.20	.18	.15	.13	.11	.10	.09	.08	.08	
5	.25	.23	.19	.16	.14	.13	.11	.10	.09	
6	.30	.27	.23	.19	.17	.15	.14	.12	.11	Legally Intoxicated  Criminal Penalties
7	.35	.32	.27	.23	.20	.18	.16	.14	.13	
8	.40	.36	.30	.26	.23	.20	.18	.17	.15	
9	.45	.41	.34	.29	.26	.23	.20	.19	.17	
10	.51	.45	.38	.32	.28	.25	.23	.21	.19	

One drink is 1.5 oz. of 80 proof liquor, 12 oz. of beer, or 5 oz. of table wine.

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## Impairment Begins With Your First Drink.

# *Never Drive After Drinking!*

Information Provided by:  
National Clearinghouse for Alcohol & Drug Information  
Pennsylvania Liquor Control Board

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