

Alcohol Impairment Chart

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 medications. 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 purpose of this guide:

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

A women 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 Impaired 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 DUI conviction nationwide.

Alcohol Impairment Chart for Men

MEN										
Approximate Blood Alcohol Percentage										
Drinks	Body Weight in Pounds									
	100	120	140	160	180	200	220	240		
0	.00	.00	.00	.00	.00	.00	.00	.00	.00	Only Safe Driving Limit
1	.04	.03	.03	.02	.02	.02	.02	.02	.02	Impairment Begins
2	.08	.06	.05	.05	.04	.04	.03	.03	.03	Driving Skills
3	.11	.09	.08	.07	.06	.06	.05	.05	.05	Significantly Affected
4	.15	.12	.11	.09	.08	.08	.07	.06	.06	Possible Criminal Penalties
5	.19	.16	.13	.12	.11	.09	.09	.08	.08	Legally Intoxicated
6	.23	.19	.16	.14	.13	.11	.10	.09	.09	
7	.26	.22	.19	.16	.15	.13	.12	.11	.11	
8	.30	.25	.21	.19	.17	.15	.14	.13	.13	Legally Intoxicated
9	.34	.28	.24	.21	.19	.17	.15	.14	.14	Criminal Penalties
10	.38	.31	.27	.23	.21	.19	.17	.16	.16	

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

Alcohol Impairment Chart for Women

WOMEN											
Approximate Blood Alcohol Percentage											
Drinks	Body Weight in Pounds										
	90	100	120	140	160	180	200	220	240		
0	.00	.00	.00	.00	.00	.00	.00	.00	.00	.00	Only Safe Driving Limit
1	.05	.05	.04	.03	.03	.03	.02	.02	.02	.02	Impairment Begins
2	.10	.09	.08	.07	.06	.05	.05	.04	.04	.04	Driving Skills Significantly Affected Possible Criminal Penalties
3	.15	.14	.11	.10	.09	.08	.07	.06	.06	.06	Legal Intoxicated
4	.20	.18	.15	.13	.11	.10	.09	.08	.08	.08	
5	.25	.23	.19	.16	.14	.13	.11	.10	.09	.09	
6	.30	.27	.23	.19	.17	.15	.14	.12	.11	.11	
7	.35	.32	.27	.23	.20	.18	.16	.14	.13	.13	
8	.40	.36	.30	.26	.23	.20	.18	.17	.15	.15	Criminal Penalties
9	.45	.41	.34	.29	.26	.23	.20	.19	.17	.17	
10	.50	.45	.38	.32	.28	.25	.23	.21	.19	.19	
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.

Impairment Begins With Your First Drink

Never Drive After Drinking!

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