

# Alcohol Impairment Chart for Females

APPROXIMATE BLOOD ALCOHOL PERCENTAGE										
Drinks	Body Weight in Pounds									
	90	100	120	140	160	180	200	220		
<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>	ONLY SAFE DRIVING LIMIT
<b>1</b>	.05	.05	.04	.03	.03	.03	.02	.02		IMPAIRMENT BEGINS
<b>2</b>	.10	.09	.08	.07	.06	.05	.05	.04		DRIVING SKILLS SIGNIFICANTLY AFFECTED
<b>3</b>	.15	.14	.11	.10	.09	.08	.07	.06		
<b>4</b>	.20	.18	.15	.13	.11	.10	.09	.08		POSSIBLE CRIMINAL PENALTIES
<b>5</b>	.25	.23	.19	.16	.14	.13	.11	.10		
<b>6</b>	.30	.27	.23	.19	.17	.15	.14	.12		LEGALLY INTOXICATED
<b>7</b>	.35	.32	.27	.23	.20	.18	.16	.14		
<b>8</b>	.40	.36	.30	.26	.23	.20	.18	.17		CRIMINAL PENALTIES
<b>9</b>	.45	.41	.34	.29	.26	.23	.20	.19		
<b>10</b>	.51	.45	.38	.32	.28	.25	.23	.21		

**Your body can get rid of approximately one drink per hour.  
One 1½ oz. of 80-proof liquor, 12 oz. of beer, or 5 oz. of wine = 1 drink**

**NOTE: BAC percentages represent how many drinks are in the system at that time—not how many a person has had over any period of time.**

**AN IMPORTANT MESSAGES TO FEMALES: There is increasing evidence that females are more susceptible to alcohol's damaging effects than are males.** Because of several physiological reasons, females feel the effects of alcohol more quickly than males, even if they are the same size and have consumed the same amount of alcohol in the same period of time.

**NOTE:** Underage drinkers develop dependency more rapidly, becoming alcohol dependent sooner in life, their dependency periods stretching over longer periods, than those who begin drinking over the age of 21.

*Never Drink and Drive!*